

# L/L RESEARCH



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THE PARTICIPANT-DRIVEN SYMPOSIUM

## PRESENTATIONS & DESCRIPTIONS

Tanner H	<i>The Brothers and Sisters of Sorrow</i>	The general synopsis is that we will seek to connect with our higher purpose by evoking compassion and emotion to aid in the remembrance of what our hearts have always known about us and our place we have chosen in this world.
Ken H	<i>The Shift from 3rd to 4th: Some Channelings from Jesus</i>	We will look at three major channelings of Jesus: "A Course in Miracles" by Helen Schucman, "The Way of Mastery" by Jon Marc Hammer, and "A Course of Love" by Mari Perron. What implicit and explicit lessons does Jesus present in each of these with regard to the now-unfolding shift from 3rd to 4th densities?
Austin B	<i>Correlations Between Ra and Jung</i>	I will examine the concepts put forth by Carl Jung against the backdrop of the Law of One and attempt to integrate their views of developmental psychology, framework of the mind, and general workings of consciousness. I hope to show how the study of one of these can greatly inform the other.
Fox H	<i>Spirituality in the Garden</i>	An essay in words and photos on the spiritual evolution, sustenance and joy I find in my garden.
Brittany F	<i>In My Own Image</i>	How to cultivate genuine self esteem, and the fulfilling relationships that come with it.
Ken W	<i>The Victim, Perpetrator, Rescuer Triangle</i>	<p>The victim, rescuer, perpetrator triangle is a phenomenon where the presence of one manifests the other two. Many people address this issue but I will focus on the slant presented by Arn Allingham in his book "The Ascension Papers: Book 1" <a href="http://zingdad.com">zingdad.com</a> is his website should you wish to go to the source. As always, he encourages you take what is helpful or simply move on as you wish. My presentation is a short summary of how he describes this triangle in "The Story of the Darklanders" (an insightful story within the Ascension Papers) and some personal insights I've realized.</p> <p>In adopting a victim mentality we believe a perpetrator is responsible and a rescuer is required to save us. An even more subtle awareness reveals that in adopting the rescuer mentality we create a victim who cannot help themselves and may become dependent on being rescued. Some questions to ask one's self may include: In attempting to be of service, how can I offer others an opportunity or the tools with which they can begin to heal themselves and actively create their reality? When have my attempts to rescue created a victim (and perpetrator), even though I had the purest of intentions to serve?</p>
Nate B	<i>Journey of the Fool: My Trip to Thailand and Back</i>	A slow burning spiritual awakening shifts into high-gear as our protagonist takes a spiritual journey to the land of the Thai smile. Feeling the freedom gained from severing himself completely from his prior life, he dives into his spirituality and his spirituality does not disappoint.

The story takes an unexpected turn when our hero inexplicably returns to the land of his birth, and learns that spiritual growth isn't a one way street of ever increasing butterflies and magic. Back in his hometown again, in the midst of the mundane, he must struggle to hold on to the freedom that he traveled around the world to find.

Don C      *Was it Real?*

It will take perhaps 10 minutes to read a short article I wrote a few years ago for publication by the International Association of Near-Death Studies. It describes a spiritual encounter I experienced as a young child (about age 3) and its cumulative impact on my life here at age 76. The experience has led me through a long term deep quest for spiritual understanding and growth, explorations of cosmology, quantum physics and evolution most broadly conceived, and efforts to establish unity encompassing spirituality and an expanded science with open mindset. If time permits, some listeners may then want to offer comments or questions. I discuss this very personal matter seldom and never lightly; I offer it in this instance because it is so utterly in harmony with the guidelines you provided, and with what I have read of the Ra material over the years.

Sam W      *Energy Centers:  
Diagnosing with a  
Pendant and Group  
Discussion on  
Favorite Clearing  
Techniques*

I've recently begun my first bit of experimenting with the use of a pendant in determining energy center blockages and it was very interesting. While hardly an expert in the practice, I will present my findings and facilitate an opportunity for whomever may wish to try holding the pendant for someone for have some one hold it for them. And then ask the circle to share any favorite energy center 'clearing' techniques or approaches or thoughts on the subject.

Gary B      *"Meanwhile" &  
"Already" – Keys to  
the Law of One*

An exploration of "meanwhile" and "already" –concepts that helps unlock the Law of One. Or so this presenter says.

Jim M      *Q&A with Jim  
McCarty*

We will make ourselves available to the circle of seeking for questions. I will also perform a wicked drum solo.

**TANNER H PRESENTS**  
*The Brothers and Sisters of Sorrow*

Gary: Then we give the floor to Mister Tanner Hartman to speak on The Brothers and Sisters of Sorrow.

Tanner: Hello everyone, good morning. How are you all doing today? [audience responses "Great" "Good" etc.] Good. Did you have a good sleep? Did you get yourselves all pumped up for today? Did you get yourselves ready?

So, my topic and the idea that I want to express in my talk here is labelled by The Brothers and Sisters of Sorrow. I've always been really drawn to this term and this concept in the Ra Material. When I saw it, it was something that really resonated within me because in a very basic and direct way, I think it kind of enunciates and expresses very much the Wanderer condition. But not only that, I don't think it's only relevant to Wanderers, but it's really something that's relevant to people as a whole because everybody experiences emotion. Everybody experiences feelings. Everybody experiences sorrow or happiness, fear, and all sorts of different kind of feelings. And I feel that this emotional guidance is actually what causes or draws in higher beings and other beings to come to this place and to this planet and to come and visit people. And very much for myself, I feel that the callings of other people very much comes through the emotions that they are expressing and emitting on a regular basis. So I would like to focus for my session not as much on talking, but on feeling. And that's really a focus for me right now, is getting to the root of my experience on a feeling emotional level and understanding the guidance that comes through that.

Maybe just now for a second, take a moment to look around the circle. You know, look at all the people around. Try and catch some people's eyes. Look into their eyes. Observe. Feel other people. When you look at one person, and then look at another person, feel the difference that you feel between observing each person. See what changes in your own body, in your own emotions, that may be triggered or changing based on the way that you are experiencing or perceiving that other person. This is one of the most fundamental ways in which we communicate as a species, is this emotional communication that's well beyond any words. You know, have you ever walked into a room and it's got an atmosphere or a certain vibe, that's the emotional energy in that space that you're experiencing and that you're picking up as a vibration and as a resonance. I've spent a lot of time in my own work trying to become sensitive to the many different emotions and energy in a space, learning to differentiate and distinguish between the sources of different vibrations and different emotions. So I have quite a good awareness that I can feel towards that person or towards that person and I can distinctly feel there's a difference in what they're presenting towards me, what their vibration is towards me. If we want to be of service to others, I think that our emotional guidance is one of our greatest tools because our emotional guidance is what leads us with compassion. It's our emotional guidance which allows us to open ourselves and awaken ourselves to the feelings and the calls of other people around us who require our service. You know, so it's a way of feeling our way toward where we are most needed.

So I'm actually going to start all of this. I'm going to put on some music. And this music is a very close song to my heart and what I'm going to do is I'm going to release some emotion. And I would like everybody during this time to really observe and feel. Try not to spend as much energy on thinking or contemplating, but really just feel the space. Feel the change in energy. Observe the others around you and see how their emotions are changing, and how that correlates with how you are feeling. If you see someone who is sorrowful or sad, see what kind of reaction that invokes within you. And that's what I feel that I'm really trying to show here, is that the reason we, you know, Wanderers in many cases come to this planet to be of service is because I believe that they feel those emotions and that's the calling that they're responding to, or we are responding to on this planet, is the calls of sorrow and seeking, and in many cases joy as well, cause calls of positive forces as well. I would like to

enunciate especially in a world where suffering is quite common, why that vibration has such an impact and why that emotional force is so powerful.

So if everybody kinda wants to just relax and open yourselves up and kinda drop things. I'm gonna put on the song. It's a little long, it's about seven minutes which is good I think because I want to evoke as much emotion as possible. And then after we're done and we've got our emotions out, we can do a little exercise. We'll do a little explanation and meditation in order to direct that emotion somewhere, in order to give it a purpose. So if everybody wants to get comfy, I'm going to start this music. And everybody just listen and feel. Really focus on what you feel in your emotions.

[song]

Some of you may have noticed changes in the atmosphere around us as the music was played and as each person tapped into not only their own feelings but the feelings and emotions of all of us around here. We communicated together just now in a way that goes beyond any form of talking. The kind of communication that we just did goes beyond time and space. It communicates with those in the past and those in the future and all of those are here and now. Emotions that we've emitted have created their own presence in this world. The communication that we just had is a permanent experience and memory of this planet Earth. This planet will always remember what we feel and what we experience because we're part of it. We're part of the planet. And the sorrow that sometimes we may feel, we're sometimes maybe even feeling alien to this planet and we feel sorrow because we're not entirely sure why we're here. We're not entirely sure why we would come to a place like this. But the truth is that the sorrow and the suffering that is experienced by people on a mass scale is also the feeling of the planet itself. We came here not only to make contact with all the other people and experience those spirits, but to have a direct communion with the Earth itself in order to assist it, or experience it even, for what it is at this point in time.

There are lots of people in the world right now who need help. Lots of people in the world right now who don't know how to ask for it. But their emotions speak. Their emotions call. The feelings that people experience on a regular basis are constantly shifting and changing. Throughout a day you may go through hundreds of different kinds of emotions. You may go through all sorts of different sensations within yourself as you go about your day and interact with different people. People talk about positive energy, negative energy, and we encounter both of those things throughout our experience. And for me, I always viewed it very musically in that positive or negative for me is more a resonance or dissonance between different kinds of vibrations. It's a harmonic of sorts. Many people have encountered other individuals who might be termed toxic or perhaps emitting negative energies or negative emotions. And we on the outside experience this only in our own perception, in our own reception of it as how we translate that feeling without ourselves. How do we feel about our own pain? How do we feel about our own sorrow, our own anger, our own frustration? When we experience and feel those emotions in other people, they resonate within us and we feel what they feel.

I very strongly believe that a lot of our experience here and the idea of balancing as many have termed it, is about equalizing and balancing out those emotional experiences within us. In terms of energy healing, there's a lot of contexts talking about blockages or caught energy in the energy body or old repressed emotions or. All of this tends to relate back to our emotional experience and how we have experienced our emotions based on our perception of the events in our lives. So I feel very much that it is important to express these things, to feel them, to not try to escape from our own pain, or even necessarily the pain of others. There is of course a point where you can take on way too much and you should of course put a little distance between yourself and those kind of feelings. There's a healthy route to this. I really just want to enunciate that it's acceptable to be sad. It's acceptable to feel sorrow. It's acceptable to be happy. It's acceptable to be scared. It's acceptable to be frustrated, acceptable to be, you know, in whatever state of emotion that you feel is natural to you in that moment. And I think it's so important for us to be honest with ourselves about what we actually feel and not try to blanket it

with other feelings in order to push them away because we don't want to feel that, or we don't want to feel that. So we push it away or we find an excuse or we find a distraction or some way to just get away from it, right?

I feel that one of the primary things which helps humans to be healthy is the expression of our inner being, and that includes our emotions. And this may be as simple as what we just did now: listen to music together and just felt. That was an expression of emotion. Everybody tapped into some emotion and expressed it in their time. Other forms of expression are more physical in their manifestation. Sometimes there's crying, sometimes there's tantrums, sometimes there's thrashing. There's all sorts of things that can happen when you're in intense emotion. But once you release that emotion, you make space within yourself. If you let those negative emotions out, let your pain out, let your sorrow out, you're freeing it from your system and that emotion is actually all picked up by the Earth. The Earth is a giant purifying system. The Earth itself transmutes and transforms all of the energy. It recycles it. So when we express our emotions out into this space, the Earth is feeling that. What we have done now, though it may be unapparent on a direct obvious level, but we've put out a call. People who know us for miles around may pick up on that call. They may not know where it comes from. They may not know where that call is from but they will know that somewhere, there are people calling. There are people who are reaching out.

And that's what this is really about, I feel, is breaking those emotional barriers that are so common in our society. The fear of expressing emotions around and towards other people. How many people feel uncomfortable crying around other people? How many people feel uncomfortable smiling around other people? I really feel that it's important that we engage those things and really discover within ourselves what we are feeling about our own life and our own existence. And that's why I bring this back to the idea of the Brothers and Sisters of Sorrow. Because I believe this emotional guidance is a key point in each individual discovering what you may term as your purpose. Because what you're drawn to emotionally, what resonates with you emotionally, is what guides you. It's a catalyst. It's something which we are constantly in response to, either consciously or unconsciously. And I feel it's very important and very much the purpose of all of, there's all these different meditation techniques, there's holistic healing, there's energy healing, we've got the techniques in the Ra Material. All of these things are done in order to get in touch--get in touch with ourselves, with others, and with the planet around us. And with Carla! [laughter] Apparently she heard our call.

I only have a few minutes left here. Um, trying to think of how I should close this. Alright, I know what to do. So if everybody just kinda wants to sit, kinda put your feet flat and get a little relaxed. And so, I would like everybody to put their focus in the center of your being, wherever that is for you. Put it in the center of your being. And just feel that center of your being, wherever it is. As you're feeling that center of your being, I want you to then take that center and focus it in your heart. Put the center of your being in your heart. And seeing that center of your being as a point within your heart, I want you to imagine or visualize it expanding, expanding like a sphere out and around you, around your body. Feel your heart open and expand around you as the center of your being also opens. And I want you to continue to this expansion, expanding it not just around yourself and your body but then around to all the people in the circle. Expand your heart around this space. Expand your heart as a sphere or field around this house, around this property. And keep getting larger, expand it around the city block. Expand it around the city itself. There is no limit to how wide the heart can open. You can keep opening that. Fill the whole country. Surround the whole continent. Expand your heart until it surrounds the planet itself. And open yourself to love, both to and from the planet, and feel your heart open to that. And then we'll expand further out to the Moon, out to the Sun, the natural bodies of our solar system. Expand your heart out and around the solar system. Feel them connecting with all the natural divine love in that space, until you go farther and farther and farther, opening your heart to surround the whole galaxy. And the heart can do this. Our heart has no limit to how much or how wide it can love or receive love. And now from that expansion, I want you to expand in every direction, as far as you can, into infinity. Out to other galaxies, out to other dimensions, out to other realms. Feel your heart expand and expand and expand until you touch infinity itself. And feel the love of the Creator that is within infinity and realize that the farther you go outwards, you will discover yourself

back right in the center of your being where the Creator always dwells. And that there is a constant circulation between the entirety of infinity and yourself in love. The entirety of existence acknowledges and cares for your existence and it loves you. And you are more than welcome to love it back.

And with that, I will conclude my talk. And you can all bask in love as long as you want. Thank you. [applause]

Gary: A point that probably goes without saying for most everyone but, that's that if you need to go to the restroom during any talk, feel free to get up. Some of you may feel too considerate and may feel that you have to wait for a break. Feel free to come and go as you need to go.

**KEN H PRESENTS**  
*The Shift from 3<sup>rd</sup> to 4<sup>th</sup>*

Ok group, apologies for the delay.

Mr. Ken Hoover

Thank you Gary

Uh, first I want to say that it is such a pleasure for me to be here.

Beautiful day, and all these beautiful people sitting in a circle. It's pretty well perfect to my mind. I should also say I'm a little bit nervous about this. Public speaking is not my strong suite. In fact I don't think I have a strong suite, but we'll get through this.

Second thing I want to cover off is what I'm about to touch upon may be controversial or perhaps objectionable for some people, or to everyone for that matter. If it doesn't resonate with you please let it go without a second thought. Just drop it. It's not for you. Thanks Gary.

With that in mind I would like everyone, if you feel that you can, to for a moment just turn your attention inside yourself. Turn your attention within. Get in touch with yourself. Probably there's some love there. And, then turn your attention to your neighbor. Perhaps with your eyes closed to your left.

Feel some love for her or him. Around around the circle that goes and it comes back to you from your neighbor on your right. And I'm not trying to start a channeling session here but there is of course as you all know a spiritual energetic current that gets going when people are gathered. Ra talked about it certainly. As she said, those who together seek shall far more surely find" today we are seeking together and we shall find if we set that as our intent. Jesus of course said it "where two or more are gathered" he also said in one of the things I'm going to touch upon, that it is the relationship itself that is holy.

As you listen to me, if you listen to me, keep your attention on that love, that loving feeling, that circulating energy. And that perhaps will be a very fine thing.

I want to talk about three major bodies of channeling and how they relate to transition from the third to fourth. The first is A Course in Miracles which probably many of you are more familiar with than I am actually. It is a channeled work given to Helen Shucman, psychiatrist, psychologist actually I guess in New York City beginning in 1965 up until 1972. With her coworkers Bill Thetford and Kenneth Wapnick (?), principally, also Judith Skutch. They produced a magnificent volume in my opinion from Jesus. And, the main thing about A Course in Miracles is it's all about choice. And that's really no surprise; here we are in the density of choice. Jesus, in A Course in Miracles, says that each person is always only faced with two choices. You have the choice between love and fear. Of those, only one is real. Jesus, of course, being polarized positively presumes, hopes, encourages us to make the same choice, for positive polarity. Sometimes it's not as straight forward as it may seem, as I think we all know. So basically it's only two emotions are available to us, love and fear, the choice between serving your brother, serving yourself. The choice between forgiveness, in a particular way that A Course in Miracles uses it and projection, which is a way that this world of illusion is made up from our minds. I'm not going to get into A Course in Miracles very much. Except to say, to answer, two points:

Why it was that Jesus chose Helen Shookman as the channel in this instance. That has to do with I believe, pre-incarnative agreements between Helen and Jesus. Also, he explicitly states that she would do it. She would not back out, she would not back down, would not quit. She had the gumption, the stamina to go through seven years of quite, sometimes difficult channeling and growth. And why did Jesus choose this time beginning in 1965 to speak in this manner, which became A Course in Miracles? For the answer in that, you won't actually find it in the published versions. A lot of the material was edited out, particularly in the first 5 chapters, a lot of personal material. Jesus had to kind of stroke the confidence of Helen and Bill that this was actually him and that his information was reliable, trustworthy because they are both quite atheistic to begin with. They didn't invite



the channeling by any means, not overtly anyway. So, why did Jesus write A Course in Miracles? And it has to do with what he calls, in this terminology there “the celestial speed up.” And he uses this term four times. You can find it in the so-called (inaudible) text of removed material. He mentions it once in regard to his work with Edgar Cayce. Three times in regard to his work with Helen and Bill. The purpose of this, shouldn’t say purpose, but, the function of this celestial speed up is not to transcend time, but to fulfill it. This is more or less a quote from the material. You may know that much of the purpose of A Course in Miracles is so that people in its terms “transcend time”, can shorten the amount of time spent in incarnation before they are harvestable in the fourth, you know, to sort of mix the metaphors a bit. But the appearance of A Course in Miracles itself, had to do with the, the word that comes to mind is looming, transition from third to fourth. And the third reason why Jesus came forth in this manner was that as he stated in 1965, more people were consistently losing ground than gaining ground, and this would be in reference to gaining or achieving polarity. If there is, if you are not familiar with A Course in Miracles I highly recommend it. It is in my opinion, just about the most beautiful and profound thing done in the English language. It’s very moving, it’s very deep. If you imagine [inaudible] and Shakespeare together you have an idea of what it is.

So, the second body of work I want to talk about, is the so called wave mastery. And this very large body of channeling was done starting 1986, excuse me, up until about 2001. Jesus appeared again without invitation, or in this world without invitation, to one John Mark Hammer, who later took the name “J.M” who was leaving in Seattle at the time. He appeared in J.M.’s living room in a blaze of light and sort of announced “Well, you are going to be my channel” and so it was. Again, it’s a very profound work. Many, many books mentioned the Jeshua letters, covers the initiation of the channeling and the early material, The Way of the Servant, which is quite a beautiful slim volume, very beautifully written. While written by Jesus, so it should be beautiful, and three books, so called “the way of mastery”. These were a course of study, of practice 35 chapters to be done over 3 years basically, a month per chapter studied, practiced. The way of the heart, the way of transformation, and the way of knowledge. And by the end of it you are pretty well ready for fourth. One particularly thing of interest to me, dear to my heart, so I wanted to share it, so that’s the way I can keep it, in the mid-90s Jesus instructed and led physically J.M. to purchase a very particular piece of land in new Mexico. A spot of land which was known to be holy by the natives for perhaps thousands of years. It’s physically located on the western slopes of Mount Pedernal, that’s the mountain hat Georgia O’Keefe has often painted. Jesus calls it Temple Canyon Sanctuary and it’s physical appearance, what we would go and see, a red rock canyon. This particular piece of land, Jesus has repetitively and explicitly, emphatically stated is, or can be used, if we so choose, to greatly facilitate the movement of individuals and the entire planet into fourth density. It is, in his words, an energy vortex at which the, you may think of it as the border between third and fourth, or the gap between the worlds is very thin, is easily crossed. The idea of an energy vortex of course resonates very well with what RA speaks of as the “upwardly spiraling light.” I think we have the same concept, just in different terms. So spiritually, energetically, essentially that’s what it is. And it’s known in that, in its essentialness, as “Shanti Christo”, “Piece of Christ”. In the final channeling that J.M. did, in September 2001, Jesus made some rather remarkable announcements. More clarification on exactly what this Shanti Christo is. He states that it is actually not merely a very powerful concentration of energy, this energy vortex, it is actually in itself an entity created by God to specifically serve the elevation, the unfoldment, the attainment of the piece of Christ in anyone who so wishes to use it in that manner. It’s, for someone who is ripe, merely to align themselves with that energy vortex, you know maybe enough to, I can’t think of the term right now, when you attain the full communion with Godhead. Jim what does RA call that?

That will do yes, to fully experience the presence of the one infinite creator and become merged with that. So Shanti Christo is not merely an energy, it is alive, intelligent, it is the energy of Christ. And I just learned this a few weeks ago, because essentially in form Shanti Christo has remained dormant, nothing’s been done there since about 2001 because that was the final Jesus announced, “ok J.M., your role here is done” basically. You’ve brought this into knowledge of the world, thank you very much but you cannot of yourself improve upon this. So J.M. was sort of, he resigned, under Christ’s or Jesus’s instruction from management of this Temple Canyon Sanctuary. So nothing much has happened there until in 2010 the channeling spontaneously began again with

J.M. actually at a spiritual festival near Glastonbury England which some of you may know, Glastonbury is known as one of the places Jesus lived during his period of travelling for about a year there. He built a little mud and wattle synagogue. The message Jesus provided at that gathering in 2010 was that and this is a quote pretty well “turning of the age is upon us. I am here. I have not forgotten you. Shanti Christo will be critical in the birthing of the modern million Christs” so it is open for business, to put it in the vernacular. One other point I want to make about this, as I was going over this it was reminding me of Ramana Maharshi who you probably know achieved enlightenment and lived at the foot of the Holy Mountain Arunachala in southern India for over 50 years. From his union with his self he could see that Arunachala was not merely the abode of Shiva but was or is Shiva itself and that is what I think has happened again with Shanti Christo in New Mexico. So if anybody wants to be birthed as one of the modern million Christs I invite you.

Questioner: [inaudible]

You can't find it on maps. It's sort of an open secret because there haven't been pilgrimages lately, last 10 or 15 years. there were, it was quite a busy place back in the late 90s. I can tell you it's about a mile or two south but mostly east of the small town of Youngsville New Mexico population about 40. And if you go there you will probably find it.

Questioner: Is that detailed at all in the channeled material?

No, you won't get latitude and longitude coordinates, no. I had to do some digging to find that and some synchronicities occurred. I wouldn't like this to turn in to another burning man festival, one of them is enough, but it's under the guidance and protection of Christ so I guess whatever does happen there is meant to happen.

So finally the third body of channelings which I want to talk about, which to my mind is where it really gets interesting, for me at least. The most profound stuff I've come across in terms of Jesus talking about how to move from third to fourth is contained in A Course of Love which is fairly unknown. It was channeled by a beautiful lady named Mari Perron who lives in west saint Paul Minnesota. Three volumes. Each volume has its own tone, its own content, is self-standing. In fact each of these A Course In Miracles, A way in Mastery and A Course of Love, each of them on their own is enough to 'pop' you, I think, to get that magic 51% number, for instance. In A Course of Love, Jesus' whole concern is to explicate the shifting consciousness on a global and a personal level; what it is, why it's here, why to do it. And it's really, to my mind, quite amazing and fantastic stuff. It's very practical, but it's also very profound and inspirational. He says this change of consciousness is happening now, well that's not news to us I think but it's nice to hear. For me it's nice to hear, to get confirmation from another trustworthy source. Yeah, so Mari channeled these from 2001 to about 2005. The first volume gives the basic concepts. The second volume contains four treatises of the more detailed treatment of particular concepts. The fourth treatise in that second volume is called “A Treatise on the Creation of the New” and that is, as Mari has said, is the apex of the whole work. Tells, it shows, it instructs, how to create your new consciousness and how that will be done, how you may do it.

The third volume is remarkable because in that volume Jesus takes off the robe of teacher and he speaks as your, an equal brother and it becomes a mutual shared journey of discovery, of experience, of 'creation of the new', walking hand in hand with Jesus. But to me, it's remarkably good and there is, you can tell in the tone, in the way the material is presented. In the phrases that he's not teaching, he's just sharing, one to one, self to self.

I will just very briefly touch upon a few of the principal, well not even principal, these books are so rich and I hardly know them well enough, but I will talk about a few things that jumped out at me. The first learning contained in these is that the time of learning is over. Now is the time for living from your heart. It's for discovering who you are. Up till now in third density, the mind, more or less the brain, has led the way, has overruled the heart, the heart being the center of your 'self', the center which is God, the center which is the self of all. Now it's time to move back to that heart and the mind will serve that heart.

The second learning is that everything, everything is held in as Jesus calls it “the embrace, the embrace of love”. All our, to reach back in to A Course in Miracles, there's a lot of talk about the ego, it's hidden sins, it's hidden

hates, which aren't real, but guilt sticks with me maybe it sticks with you. But everything is held in the embrace of love, the ego and it's sundry crimes, it is always only been the action of God, the love of the unitary god expressing itself, sometimes misguidedly, you know, under this veil of illusion. Nevertheless, again there is no sin, there is no guilt.

The third learning; each of us is already in Jesus terms "the accomplished". You are the accomplished already. Now we have never not been the accomplished. What we are seeking has already been done. What we want to be is already who we are. There is nothing to do except turn back into to that.

Fourth learning is that you may measure your progress into becoming aware again of yourself and into moving into this new creation is exactly measurable by the degree to which you do not judge. You do not indulge in judgment. It's abstaining from judgment it's forgiving everything. It's letting it pass through. No opinion. Just holding it in the embrace of love.

The fifth learning is that up till now, or up until last December, the Holy Spirit has always been available to everyone, to each of us, each of us in the world who would reach, who would listen to that voice. And Jesus said in for instance in the Gospel of John that he would leave now but a comforter would be in his place, referring to the holy spirit. Now in fourth density the time of the Holy Spirit is passed and now this is the time of everyone having access to the Christ within, not that we will necessarily touch upon it, or feel it all the time, but it is intimately available in the way that up till now the Holy Spirit has been.

The sixth learning, and this is the final one that I've just more or less grabbed at random. The movement into the new, this, the creation of the fourth density is both the discovery and the creating of the personal self. Jesus calls this the 'elevated self of form'. The creation of the new world, the new consciousness is done through dialoguing, through being in unity and relationship, through learning, through teaching unity and relationship, through being in unity and relationship. So it's not any longer a teach/learn situation. It's a dialogue and a sharing. And we all move together or not at all.

So I think that's about all I have to say. If this timer is working we have 3 minutes left for questions. I'm sorry for prattling on.

Questioner: you said something about December. Did I miss something?

Well I was thinking of the end of the Mayan calendar, for instance. Last December marked the official perhaps ending of third.

Questioner: Is there a disconnect in what you said before between the earth and us. That earth is already in fourth and we are still lagging behind?

I guess to my mind, 2000 years ago Jesus and the gospel of Thomas said "the kingdom of heaven is spread upon the face of the earth and men see it not". And it was apparent to him 2000 years ago that fourth and beyond, all the densities are here even now because their consciousness is already in all densities even here and now. It's just a matter of shifting of focus of awareness and from that awareness the world follows because it's merely a projection of what we think we are.

Questioner: But the earth being an entity in itself goes to through her own changes right? And the Mayan calendar was documenting the progress which became, I don't know, but I had set in my mind that the earth was ahead of us.

Right. I, you know, I guess it may be ahead, maybe it's behind but essentially we are moving in tandem. We go together or not at all.

Well it's 57 seconds left and that's the magic number for me so thank you.

**AUSTIN B. PRESENTS**  
*Correlations Between Ra and Jung*

**Austin:** I was hoping this would be sort of a participatory presentation, so, I have some corresponding material in the folders but it's all pretty much spelled out, so it would sort of ruin the participation if you were looking at it. So if you want to go back to it later you can do that. Also, I really want to finish, so I'm going to go pretty quickly. Just keep that in mind when you are participating that the time is limited.

So I'm doing a presentation on the correlations between Ra and Carl Jung. Jung, I consider one of the greatest seekers of our time. After I had a firm grasp on the Ra Material I started looking for other sources to draw from, and I was drawn to Jung. I was surprised at how similar the information that Jung was able to get was to Ra. So, what I'm going to do is - I'll describe best as I can. I'm an amateur, I'm not an actual psychologist like Jessica. But I will do my best.

The first concept I would like to discuss is projection, which most of you are probably familiar with. It's a pretty common psychoanalytical concept. Jung defined it as, "The expulsion of the subjective content into an object; it is the opposite of introjection. Accordingly, it is a process of dissimulation, by which the subjective content becomes alienated from the subject and so to speak is embodied in the object." So that basically means that it's something inside of yourself that you are seeing in something else - whether it's a person or an object. Basically when you look at something, there's something in that that is actually you and is not what you are seeing. So is there anybody that can think of something in the Ra Material that is similar to this concept?

**Audience:** Mirroring.

**Austin:** Mirroring? That's pretty much what I was thinking. Ra said, "the quickest way to learn is to deal with other-selves, and much greater catalyst than dealing with the self. Dealing with the self without other-selves is akin to living without what you would call mirrors. Thus the self cannot see the fruits of its beingness, thus each may aid each by reflection. "Reflection and projection. And, it's especially useful to those upon the right-hand path of service to others, which is supposedly what our Logos is supposedly skewed towards. So I think a lot of what Jung brought through was skewed towards service to others; a lot of the concepts are really hard tolerated back to service to self.

And in the Jungian sense, it's a very unconscious act. You don't realize that you're doing it until you actually identify the distortion in yourself that you are projecting. Anybody think of something in the Ra Material that might relate that back to Jung?

**Austin:** Ra basically, they say, that our perception is all unconsciously perceived. They say exactly that, "all you perceive seems to be consciously perceived, but this is not a correct supposition. All you that perceived is actually a catalyst unconsciously. By the time that mind begins its appreciation of catalyst, that catalyst has been filtered through the veil" ... Which the veil is between the conscious mind and the unconscious mind, which is what is being projected from the unconscious mind... "and in some cases much is veiled in the most apparently clear perception." So what we might think is a clear perception is actually a direct reflection of ourselves. That's a pretty simple concept a lot of people are familiar with.

Next one is the Shadow, which is a very central concept in Jung's work. It has to deal with the idea that within each person is the entire Psyche of the human mind. Everybody contains an entire human inside them - the whole spectrum of human behavior is within each person. Jung himself describes the Shadow in the simplest terms, as "the person we would rather not be." So when you're acting in a certain way, and you're consciously

aware of it, you 're trying not to be your Shadow. You're trying to be something that is not your Shadow. He also described it as, "the repository of what is unacceptable to consciousness."

From that, can anybody think of what might be related back to the Material?

**Audience:** When they say it's important to investigate all of the movements, especially those of bellicosity; that they're just as valid and just as able, that you can draw just as much love and light from those as you can from the things that are easier to deal with.

**Austin:** Exactly, that would basically be like a cultural Shadow, something so large that our culture has to deal with it. And that's - the levels of the Shadow is the persona, cultural, and archetypal, and that's essentially, when you look at something and you can't accept it... like a lot of people look at the bellicosity and are like, "that is wrong, I can't accept it," that would be the Shadow. It's something that we'd rather not be, we'd rather not embody bellicosity, we'd rather not fight. And usually, at the beginning stages of development, the Shadow is unrealized, and it's most commonly what's projected. When you see something that you do not accept in someone else, it's probably because you have not accepted it within yourself yet. And you're seeing them in a light that you cannot accept. So the correlation that made with that is an unrealized Shadow that you aren't aware of could be related to lower blockages in the lower chakras - the red, orange, and yellow. And to realize these concepts - come to accept the Shadow when you see the Shadow - that is essentially clearing these blockages. When you realize and accept these blockages, it helps clear the path up to your higher chakras.

But the Shadow doesn't go away when you accept it, because we are in 3rd density of the choice, and we are trying to polarize. Basically, the concept of polarity and choice means that there is something that we are not choosing, and there's a polar opposite from what we are choosing. So, service to others and service to self, we consciously make a decision to promote harmony and not promote separation. So that separation that we choose not to promote is being reposted [sic] into the Shadow. Q'uo has often said that the brighter one's light, the sharper one's shadow. Which, that's basically how I correlate that.

**Audience:** Can you repeat that?

**Austin:** Q'uo says the brighter one's light, the sharper one's shadow. So basically the more defined your light, the more you choose harmony, the sharper your Shadow - the thing you'd rather not be - becomes. You'd rather not be separation; you'd rather not be service to self, you'd rather be service to others. It's the choice Ra says we have to make in order to polarize. There's the two paths - the right hand path and the left hand path. And if we're walking the right hand path, the Shadow of the left hand path will be consistently with us, at least in 3rd density. Who knows what it's like in the other densities. But while we're here making the choice, there's always the choice that we are not making. That pretty much is what I got from the Shadow and Ra.

The persona is another very common theme within Jung's work. It's another central theme. It's most easily seen as the masks that we wear in order to interact with society. We grow up adopting a persona from our parents, our teachers - they show us how it is acceptable to behave and how it's unacceptable to behave. And it has a lot to do with social identity such as gender identity, stages of social development, such as adolescence, social status, jobs or professions. These are all things that we identify with socially, and so that helps us interact with our inner selves, and filters through our persona so we can actually connect with society outside of us. Suit's basically an interface between our inner selves, or our unconscious, and our outer conscious expressions. Can anyone think of what might be related toing the Ra Material with that?

**Audience:** Ra calls that, I think, the personality shell? Or, another way of approaching it that I think of is, the biases that are pre-incarnative? Thetis, you incarnate in this physical form, and you have this set of beliefs, and a set of physical tendencies that you didn't consciously choose in your life experience, but you have them.

**Austin:** Are you talking about something that you came into this life with?

**Audience:** I mean, I think it's a little of both.

**Austin:** Right. In the most basic sense of this persona, Jung won't take, he didn't really touch on reincarnation and stuff like that. Especially with like the beginning stages, it's something that we pick up from our parents. Much of our parents gets inflicted into our Psyche. But yeah, you're basically - the personality shell.

There's also something in the societal self with the chakras. The yellow rays something that Ra describes as the yellow ray of self-awareness interaction. So when we're interacting with people around us, we're using our personas to interact. And the yellow ray is also highly based upon our societal identification. So what I see the persona as being is an access and sort of balancing yellow ray, to where we have the social identity now, we have activated yellow ray, and we're able to fit into society in a way that we might be comfortable with, we might not be comfortable with. And Jung described - there's also people who have weak personas, who are living in their own inner world and they can't quite relate to the outer world very well. They're sort of stuck in their own world and it's very difficult for them to exist in society. There's also people with overbearing personas, which, they over-relate with their social identities. They can never take off the doctor hat or the lawyer hat - they're always trying to be the doctor or the lawyer - and they don't have much of a personal identity. What I saw in that was an overactive or under-active yellow ray, where they haven't established their yellow ray quiet and they can't interact in society. And the overactive yellow ray, which could be under-active or overactive orange, which is personal identity, is that they have too much of a social identity and not enough of a personal identity. And that's basically what I saw in the persona.

The next concept - if you're actually able to pronounce it you get an honorary degree in Jungian psychology - is Enantiodromia. It's a concept that Jung borrowed from the Greek language, which literally means, "running contrary-wise." Jung described it as, "everything eventually turns into its opposite." If an extreme one-sided stance exists in consciousness, there's assort of momentum in consciousness that will force that to break down and balance itself through the extreme opposite of how they are acting unconsciousness. What sort of correlations with Ra might be made through that?

**Audience:** Their suggestion to intensify catalyst to the point that its opposite naturally arises.

**Austin:** Exactly. Especially in the balancing techniques that Ra gave. The first one they gave, they say exactly: "the polarity of your dimension must be internalized. Where there is patience within your mind you must consciously find the corresponding impatience and vice versa. Each thought that a being has in turn an antithesis. The disciplines of the mind involve first of all identifying both those things which you approve and those things which you disapprove within yourself, and then balancing each and every charge with its equal. The mind has all things." So that also reflects Jung's concept of the mind being a complete being, a whole thing. Resays the mind contains all things, and Jung believes that as well.

This can be seen pretty commonly in midlife crisis. Somebody lives their life in one particular way and they don't really satisfy their desires - they sort of repress- and they go through their life where they hit a certain point and it comes out. Somebody who is frugal all their life and doesn't ever splurge on anything - they go and they buy a completely impractical sports car. And they act completely opposite of how they've been acting their entire life. Any correlations anybody else can make with that?

There's a couple interesting things about Enantiodromia. The first one is that Jung borrowed it from the philosopher Heraclitus. And Heraclitus was mentioned in the Ra Material, when they were referencing that during ancient Greece there were certain calls, which resulted in writings or understandings of the Law of One. "We especially note the one known as Thales and the one known as Heraclitus." So it sort of comes full circle: Jung studied Heraclitus, and Ra mentioned that Heraclitus was one of the Greek philosophers that was able to bring in concepts of the Law of One. So that's another great correlation.

There's also another one in the Ra Material. Jim, if I can use a part of Thera Material that you were involved in. Jim asked a question about having anger and trying to balance that anger. "I think I have penetrated the mystery of my lifelong anger at making mistakes. I think that I have always been aware subconsciously of my abilities to master new learnings, but my desire to successfully complete my mission on Earth has been energized into irrational and destructive anger when I fail." And Ra basically said that this was a result of Enantiodromia, where the compassion that Jim is in this life to balance - or, he's trying to balance wisdom with compassion - that compassion has as its antithesis a lack of compassion. And so, that's what hews dealing with was an Enantiodromia concept of his compassion that he really needed to bring out. So that is Enantiodromia, and I'm a little ahead of schedule so I can slow down a little bit.

Another major concept in the Jung theory is the idea of an animal and an animus. That's basically another idea that each human contains a complete being inside of them. And that each male also has an inner female personality that is not expressed because they exist in culture as a male. And each female has inside of them a male personality, which is not expressed because they are expressing their female biases. So out of that, what correlations might be made from the Ra Material?

**Audience:** In the balancing exercises, Ra begins with one of the more simple balancings for - I don't know that they begin with it, but in terms of the body, they say each male body is also female and vice versa. Roughly?

**Austin:** Yeah. When they're discussing the biases that we bring in biologically, through our gender, sex, they say specifically that each biological male is female and each biological female is male - which is something Jung realized in the anima/animus; he realized that each biological male had a complete female inside of them that was not expressed. So it's contained completely unconsciously. And in that way, it acts as a sort of interface between our conscious minds and our unconscious minds, because we can see this person inside of us. It's often anthropomorphized in dreams Orin visions or symbolically, in different ways through stages of development, and we can use these inner personalities as tools.

And Ra talks about the matrix and the potentiate of the mind, being correlated to male and female energies. The matrix being the male energy; the potentiator being the female energy. But the other things that Jung also realized was that males interact with their anima in a different way than females interact with their animus. So he realized that there was a different function of these different aspects of the mind where the males had to dance with their female inner self in a different way than the females had to dance with their male self. Much the way the matrix and the potentiate interact, the females might have to embody the potentiate more when trying to dance with their inner male. Males might have to embody the matrix more when dancing with their inner female. So Jung realized it was much different and he mainly... I guess since he did a lot of work on himself and he realized his own anima, we wasn't able to fully complete his concept of the animus. He thought that it was a little more complicated than the anima, which could be. But basically, it's the idea that we have biases due to our gender. A lot of gender identity is culturally enforced but also biologically enforced, that cause us to interact with our conscious minds in certain ways.

And so, the last and biggest concept is the one of individuation, which is pretty difficult to talk about. It's a common theme in psychoanalysis, but the way that Jung approached it was a little more complicated. Not very hardtop grasp very easily without just reading a whole bunch of what Jung wrote. So I'll try not to do that, but I will have to read some pretty long quotes.

It can easily be described as the unfolding and development of our personality, or as Ra might say the discipline of the personality. Jung attempted to explain it as describing it as "the development of psychological individual as being distinct from the general collective psychology." The general collective psychology sort of involves the persona that you've buildup in order to interact with society. You took on a lot of the cultural norms, cultural biases, in order to be planted in the soil. So that's sort of what you can see as a general balancing and activation of the lower energy centers before you get to the higher energy centers, which is what the working individuation really is. I'll stop there to see if anybody has anything to say to relate it back to Ra.

**Audience:** What comes to my mind is that quote about the adept freeing itself from the thoughts and restraints of <<?>> of other-selves?

**Austin:** Yes, that is... Jung said, "individuation is always seen to some extent as opposed to collective norms, since it means separation and differentiation from the general and building up of the particular - not particularity that is sought out, but one that is already engrained in the psychic constitution. The opposition to the collective norms, however, is only apparent since closer examination shows that the individual standpoints not antagonistic to it, but only differently oriented." Which is, I see, basically saying the exact same thing that Aaron was pointing out. The Requote is, "it is also to be noted that an adept is one who has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other-selves. Whether this is done for service to others or service to self, it is a necessary part of the awakening of the adept. This freedom is seen by those not free as what you call evil or black. The magic is recognized, the nature is often not."

So Jung realized that when an individual frees itself with the concept of individuation, the people who are still within the collective norm and the collective thoughts, who haven't quite realize individual freedom that the individual has, they might see that as being antagonistic or evil or black.

A major thing that I mentioned earlier is that it requires us to adapt to social norms before we can actually reach that point, which is what I related to the activation of the lower energy centers. And Jung said, "specifically, before individuation can be taken as a goal, the educational aim of adaptation to the necessary minimum of collective norms must first be attained. If a plant is to unfold its specific nature to the full, it must first be able to grow in the soil in which it is planted." And so we build our personas, we get planted in the soil, we nurture that, and then we reach point where we can sprout and realize the individualistic properties of ourselves.

I see a strong correlation between at least the beginnings of adept work and the beginnings of individuation as being of blue ray. Does anybody know why blue ray would be so important in individuation or adept work?

**Audience:** That's where the ability to express oneself is really shown. Communication with others is the easiest way to speak your truth and to radiate yourself. There's other ways, but, you know, going up to someone and talking to them, that's generally like the <<mode>> in which people expect to -crap - I'm not getting it out right - my blue ray's not working that well!

**Austin:** <<Steffi>> what were you going to say?

**Audience:** Oh, that that's where you become co-creator for the first time.

**Austin:** right. Ra... I have the exact quote here somewhere. OK, so the whole quote, they're talking about the whole progression through the energy centers and why the blue ray is so important. Ra called it the primary ray. "Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray, which is the first ray of radiation of the self regardless of any actions from another. The green ray entity is ineffectual in the face of blockages from other-selves, and so they cannot really express when there's constraints from the thoughts and opinions of others. And the last of the quote is, "the blue ray entity is a co-creator." Which, we're all co-creators to some extent, but when we reach the blue ray we are conscious of what we're doing. And the blue ray... well go ahead...

**Audience:** Well maybe you're going right where I... I was just reminded of when they say along with that that the blue ray requires that which your people have in great paucity and that's honesty, and that's which goes right along with the path of the adept of freeing yourself of the thoughts and constraints of others and just being able to share your truth, not in an antagonistic way - like Jung says - but just from a different perspective.

**Austin:** Right, it's not antagonistic; you're not going against social norms, because that is really energizing the



social norms and it's a norm in itself to do that. You are an individual separate of the social norm, and you have your individual opinion on that social norm. And that's exactly where I was going.

Jung put it in a similar way. Jung said, "to find what is truly individual in ourselves, profound reflection is needed, and suddenly we realize how uncommonly difficult the discovery of individuality is." Which I see as saying the exact same thing that Ra said, "there is always some difficulty in penetrating the blue primary energy, for it requires that which your people have had in great paucity, and that is honesty." So honesty is a major aspect of blue ray, and it's not honesty to where you honestly express how you are feeling, because you can be blocked in green and blue and be super angry -and if you go hit somebody in the face, you're expressing that anger honestly. You know, that's an honest expression. Honesty is more of an honesty turned in on itself, to where you're able to find the truth that you have sort of buried; a lot of the social norms that you adapted with your persona are sort of covering up a truth about yourself that maybe you really are a certain way but you had to cover this up in order to interact with society. Maybe you had to adapt and bury parts of yourself - build up walls around the truth that are really hard to get to, because - especially in our society - there's some things that you're just not supposed to be for, like loving people who have done really bad things. Our society is not very big on that - we throw them in jail and we punish them. We think retribution is the correct way of dealing with them instead of loving and accepting them, and finding ways to heal rather than punish. So finding this honesty turned inwards, and as Brittany was saying, it's a communication, but it's also inward communication. You have to have to be able to find that inner truth and communicate to yourself what you see and what you love before you can really express it outward. It's communication of your true Self - the individual self, as Jung was talking about.

I've got about four minutes left, and individuation is my favorite part, so Icon probably keep going.

**Audience:** Question about the Shadow. So if one is working with their Shadow, do you find that you kind of accept your Shadow and just give it its own space, or does one, when they hear the voice of the Shadow try to have an argument with yourself, and be like, "no! That's not how I feel!" Or do you just kind of ... sometimes I feel like I have that, you know, like I might be working with a client and just randomly a thought comes, like, "oh this guy deserves a lot of years in jail." And that's not how I truly feel, but that thought will be there, and sometimes I wonder do I need to sit here and argue with myself and convince myself that isn't true, even though at some level I know I don't feel that way, or do I say, you know what, I accept that thought and give it its own space and just move on?

**Austin:** Jung talked about it in the sense of integration of the Shadow, so arguing with something is obviously sort of a separation, making it outside of yourself. There's an object there that you are communicating with. An integration would be more of an acceptance like you're talking about, where you realize that that thought exists and it's a human thought to have. People have it, and it's okay. It's part of the human Psyche; you have inside of youth entire spectrum of human behavior, and having that thought that people should be punished is completely normal - especially in our society, because that's what our society teaches us. The idea, like Ra would say, is to realize the antithesis. Realize what would be the opposite of that urge to punish, I would believe would possibly be the urge to heal instead. So arguing - it's not pointless, if that's what you feel you should be doing, it's a way to explore that concept that's coming up. It's a way for you to really grab it and get to know it. It's sort of a projection because it's something that you can look at; but you're not really looking, you're seeing it in your mind, talking to your own mind about it. Eventually the ultimate goal as far as what I think Ra would be and I think what Jung would believe is to integrate that to where it's not something you have to argue with, it's something that you realize is there and you accept and is just part of yourself. But you choose to be light side of that; instead of that separate path, you choose the harmonious path, the path of inclusion and not separation.

**Audience:** Wouldn't you want to ask why you are feeling that and then think it out? And in that respect kind of clear it up for yourself or why you're having that antagonism towards... and that works for me ... even though I don't have big decisions to make for other people... but just for myself...why do I act this way? And that - instead

of a reflex, then you think about it, and it usually gets cleared up. And this is how I work on it, and I don't think I let it co-exist, because when it rises again then I ask, why am I still thinking this? Why can't I clear this up? That kind of thing, you know? So ... I don't know how deep it goes, because it hasn't been tested yet in a great way... so...

**Audience:** Well, I want to distinguish, at least for me, if I have a thought that's judgmental and it evokes strong feeling in me, that I just treat as balancing. Maybe it's my Shadow, I don't know... but I've noticed that sometimes I'll just have random thoughts where I don't really feel emotion but I just think why am I having that thought - it's almost as if someone else is saying it - and like that's weird, it's not like what I would normally think. For that I guess you just kind got to accept it?

**Austin:** Yeah. If you contain everything, you are everything...

**Audience:** I just wanted to add one little thing to that. I've done a lot of Shadow work. It's a great focus for me. One, I found, accepting like you said, 'oh, I don't even feel that way,' you know, accepting that there is a part of you that does. Because you are a complete being, you have both polarities. And a practice I like to do is something Ra actually says to do with other-selves. Look at your Shadow and see the Creator. See yourself in your Shadow, and then you thus have a choice. That doesn't mean that you have to be exclusive of the experience of one or the other, but that you can choose how to react to the catalyst, which is what it is. You're experiencing catalyst from yourself.

**Audience:** I think that the important thing is to know yourself and to understand why that type of thought would enter your head at that time and specific situation, and the way to do that is to become aware of your emotional biases, I think.

**Audience:** There's also an enormous conundrum there, because, in that particular example, when a thought comes into your head, well, maybe what that individual needs is that punishment to set him on the right path. And this is something - it's a painful question for me just thinking about it - well, am I authorized to play God? Am I authorized to judge another individual because that's my perception of what should happen to them, or, is that kind of where you're at too?

**Audience:** I mean, I sanitize my Shadow, it's more like sometimes, I'll be like, just randomly, cause I really believe in rehabilitation, it'd more be like a thought, like, oh this guy's a worthless individual to society, you know he deserves to be locked away in prison for his entire life. And I'm like whoa, where did that come from, you know? So it's a little bit more than...

**Audience:** I have two thoughts. In response to you, I just wanted to say that my experience has been that due to the karmic nature of the experience that ... if you're putting out something, and whatever it is you're putting out is attracting a catalyst to you, there is no <<?>> to overtly act to bring about that catalyst to you - in the case of the criminal who deserves time in jail, or whatever. You don't need to overtly try to make sure that that criminal gets it because he'll get it anyway.

**Audience:** But who puts him in jail?

**Audience:** Just the system. My point is that, so if I'm involved in the system, right, and I'm acting with consciousness, I don't need to be the one that makes that decision. Someone will.

**Audience:** But somebody makes that decision.

**Audience:** In this case, he's a public defender, right? He does his best to do his job. He doesn't need to be the one to try to actively get him in jail because ...

**Audience:** All I'm saying is somebody is doing the dirty work.

**Audience:** Right, somebody is, fortunately it doesn't have to be you.

**Audience:** I'm finding myself rapidly entering that position, where I might been that position. So I have a hard time with those decisions.

**Audience:** If that were me, I'd be walking in spirit as much as possible. What wanted to say <<?>> was that, when I think about, when I get those kinds of feelings, those obvious Shadow feelings, I approach myself as having conversation between two. One is the parent, and one is the child. I see the Shadow as the child who's acting out, and who needs love from the parent. The parent needs to understand why the child is acting out, and respond appropriately.

**Audience:** Thank you, Austin Bridges, for your presentation. I'm sorry, Austin wanted to say one last thing.

**Austin:** Just one last quote in regards to individuation and how I see it as the future of social memory complex from Jung: "only society that can preserve social cohesion and collective values while at the same time granting the individual the greatest possible freedom has any prospect of enduring vitality, as an individual is not just a single, separate being, but by his very existence presupposes a collective relationship. The process of individuation must lead to more intense and broader collective relationships, not to isolation." So I think that more individuals will leads us to what Ra would call social memory complex.

**FOX H. PRESENTS**  
*Spirituality in the Garden*

Gary: Thank you everybody for your patience. I'm so sorry about all these technical difficulties. Eccles my sincere apologies to you for all the distractions we're creating. Our next presenter will be Fox Hutt who will speak on Spirituality in the Garden. We will have to amplify her for Fox's voice.

Fox: Okay, hi. This morning when Steven got here, I said well... at least it isn't a hurricane. And he said, "Not yet." [laughter] So. It's somewhere between Eccles' black hats and Steve's comment this morning. But actually we needed the rain so that's good.

[picture 1]

What Eccles was talking about, getting out in the country and growing your food is exactly what my husband and I are doing.

[picture 2]

My husband Steve and I, we live on a lovely piece of land... We have 70 acres of rolling hills, meadows, woods, a half-acre pond. We call our place Turtle Island Farming Gardens.

[picture 3]

Our house overlooks the garden and pond, two sources of great joy for us both. Gardening is the primary activity in our lives and happens all year long.

[picture 4]

The summer garden begins in February with the planning of bedding plants under lights in the sunroom and continues until the tomatoes and beans and other hot weather veggies are pulled for the compost pile in late summer through October.

[picture 5]

[picture 6]

[picture 7]

In recent years the garden continues on through the winter. I've been using hoop houses to extend the garden with the harvest of greens, carrots, cabbage and herbs during all but the coldest days of winter. A large garlic bed planted after the first frost also lives in the garden all winter.

It is so easy to be moved by Spirit in the country and in the garden. It is so easy to see the plan of the Logos being fulfilled and participate in the manifestation of Creation by Mother Gaia. Q'uo tells us that incarnations are about learning to dance, learning to sing, learning to move in the rhythms that have no words but that move in harmony with every living thing in your world, starting with the air, the earth, the fire, and the water, moving through every created plant and animal, through your cells, and through those beings that exist without form. There are those within the inner planes that are also part of the creation.

[picture 10]

Our pond taught me a lesson on the cycles of water early one morning recently when I was preparing to meditate. It was a cool and very breezy--cool and very still morning, and the mists that would usually be moving with the breeze were moving in unison slowly towards the center of the pond. There at the deepest point of the pond, the mists were rising in a column forming a white obelisk leading to a misty cloud above. I had an epiphany that the water from the pond and the woods and fields was always moving in cycles up and down and

across the land, and that on this cool morning I had been privileged to witness it dance on the pond and form a minaret to the heavens.

It is my daily intention to be open to the workings of the devas and the elements, and of the stars and the microbes, and even the pesky raccoons. As I read recently, I long to ponder the mysteries of the Universe in the microcosm of my own yard. I am in awe as I witness the miracle growing from the manifested potential of a tiny seed. I am learning to attend less to my thoughts in the garden and to stop and listen within, asking for help from the devas or just finding myself knowing the next thing to do or how best to do a garden chore, realizing that I'm not actually the doer at all.

We garden using the organic method and also using some techniques used from my biodynamic and permaculture studies. We grow open-pollinated and heirloom plants as much as possible and we are adding perennial veggies and fruits to the garden.

[picture 12]

Using a biodynamic calendar and through daily observation I am attempting to tune into the cycles of the Moon and stars and planets, and the Sun and the Earth not only intellectually but also internally. Even the practical and daily chop-wood-and-carry-water aspects of gardening have their spiritual lessons.

[picture 13]

The garden provides a great deal of catalyst: positive catalyst in the form of Gaia's helpers, the pollinators and the carnivores who live and serve in the garden.

[picture 14]

I'm not sure if you can see it, there's a preying mantis.

[picture 15]

You can see it there a little better.

[picture 16]

Catalyst also comes in the form of weeds, disease, insects, pests, and animals such as the raccoons who recently raided the corn patch. These wily critters offered me the choice to fear, react, and spiral into panic, or step back and accept that all is well and then act with the balance of love and wisdom, which in our case, is a six-foot fence embellished with a solar electric charger. [laughter] This is our version of the cardinal calling from the tall treetops in the morning: "This is our space for now, please respect that. I need to use this patch of ground so that I can eat and live."

[picture 17]

[picture 18]

We have the veggie scene down pretty well but we're working on the fruit portion of our diet. There we've had to draw the line with our animal friends as well. With bird netting on hoops and organic slug control for the strawberries and with an entire walk-in cage for the blueberries, we've managed to keep the birds from taking our whole crop. We wouldn't have minded sharing but they were too greedy and we finally had to holler from the treetops again. The deer got in the orchard recently and ate all the apples this year and pruned the baby trees back to nubs, so we'll be working on reinforcing that fence too.

I've struggled with these decisions and with chores like pulling live weeds and spent plants, and have learned at a deep spiritual level about the cycle of life and death and the necessity and importance in the garden and in life of Shiva the Destroyer. That's how I'm out there, pulling weeds going "Shiva the Destroyer." [laughter] I also believe it's important to apologize and offer my gratitude for the part that pulled plants played in the garden and

for their next role in helping me have rich compost for the plants next year. By the way, compost is a wonderful way to practise non-judgment and acceptance.

[picture 22]

While picking and sorting tomatoes, I've learned not to think, "good tomato, bad tomato," but rather, this tomato which will soon become the entity Fox or perhaps Steve or perhaps both, for that matter, and this other tomato which, as the Borg might say, which will add its biological distinctiveness to the unity of the compost.

[laughter]

The garden provides sustenance for the entire mind-body-spirit complex. Planning the garden, organizing my chores, and recording my activities and yields, requires a good intellect and will hopefully hold me in good stead in my advancing years. But when it comes down to it, the sustenance of the body is why we began gardening in the first place. The physical exertion sans treadmill and in the beauty of the garden is definitely a plus, but it's hard to beat a freshly picked, juicy, organically grown tomato still warm from the sun. I'll have to admit we eat so well that I almost feel guilty.

[picture 24]

[picture 25]

[picture 26]

The importance of feeding ourselves as much as possible is such a very real activity. It's one of the most real things I do. Knowing exactly where my food comes from, how fresh it is, and that it is free from chemicals means so much to me. Knowing it wasn't transported from Africa or South America or California using carbon-creating fuel is also a relief. I've had to find a balance in service to others between sharing the gifts of the garden with others and serving our family in putting the food up for winter, but I find most of the time I can do both.

As I work in the garden tending the plants, helping the devas however imperfectly, or perhaps more accurately, in perfect imperfection, and then harvesting with these hands the food which is the fruit of the Earth beneath my feet, to eat or dry or can or freeze for the wintertime, I have physically become my garden. A while back, I created this small fiber piece which I've tried to express what I'm saying, and it's titled "I Am the Garden Tending Myself."

Qu'o talked about the body down to the cell structure is a gift from the ancestors of that body. Each cell in the body is instinct with the knowledge, the life and the experience of all those entities that have shared those cells, those inherited strands of DNA. So you are as a body, as a being within incarnation, a part of the Earth from which these beings sprang: the mountains, the lakes, the air. And as one grows up within a certain environment, the geography, the topography of the land becomes written in the DNA and becomes part of you in a way that is magical. So that connecting with the Earth, connecting with the surroundings which are a part of your heritage, places you in an optimal situation for stability in moving down into the roots of the self.

As you might imagine, I enjoy the spiritual sustenance I receive from the garden perhaps the most. Standing up to stretch my back and look out over the vegetables and flowers offers me a nearly daily dose of sachidananda, which means "awareness of being is bliss." The garden is such a lovely place to meditate, finding silence and connection beneath the hum of the hummingbirds, the croak of the bullfrogs, the coughing call of the luster blue heron, and the morning bird symphony. I recently recommitted to what I believe to be my purpose in this incarnation at this point in my life. I feel a strong dedication to Mother Gaia, to doing my part in restoring her health, and to being a lighthouse for her and all of us who are part of her being.

Don talked about us being like hairs on the head of the planet, and I would take it a step further to say we are not like fleas despite how it might look. We are in integral component of this planet. We are an important aspect

of the intellect, the heart and the soul of Mother Gaia. In the overall scope of the Universe, my little garden seems insignificant to be sure. Ra said there are 67 million inhabited planets in the Milky Way galaxy alone. I saw the other day that the Hubble telescope has been used to look at what seemed like an empty dot of space, no bigger than if you held a grain of sand up to the sky. After a week with the lens open, it recorded thousands of galaxies which were so far away that the light has been travelling since soon after the big bang or in the language of Ra, since this octave began.

Somehow I know in my very deepest knowing that when I'm in my garden, the Universe is singing. My highest and best self is enjoying the sunshine and the smell of the Earth and the peep of the tree frogs, and I am content.

[picture 31]

I would like to end this with a visit to my garden, just a short slide show of some photos, beginning with dawn's morning light. These weren't all taken in the same day or even the same garden season, but I hope you will enjoy seeing what brings me peace.

Before I forget, I had these out and I'd bring them in with the rain, but I can get them out on a table. I'm a part of the master garden program and so I have a bunch of handouts from the extension service and you're welcome to take any of them. A couple of them I put together so if we run out of those I can print those. I've got them on Eccles' flash drive that he gave us last year.

I've got a few comments for a few of these pictures but mostly these are just some pictures. I'm not a great photographer. These are mostly just snapshots of my garden.

[picture ??]

I don't know how well you can see them.

[picture 42]

We mulch our garden with hay, which helps maintain moisture and keeps the weeds down and then it's kinda like a flow release compost into the soil.

[picture 45]

[picture 46]

We plant inner plant flowers and herbs throughout the garden. They attract beneficial insects and pollenators and some of them repel the insects that you don't particularly want in your garden as much.

[picture 47]

And they're beautiful.

[inaudible question]

I, they haven't grown...

[picture 48]

[picture 49]

I don't know if you can see that insect. It's really cool.

[picture 51]

Here's an example of growing flowers. These are marigolds that I've grown next to the beans and they'll repel some of the insects and they'll also help with some of the negative nematodes that are living in the soil.

[picture ??]

This is ground cover that actually at this point now it's grown up, it's mustard and I'll turn it into the soil and it'll feed the microbes that are living in the soil that work to break down the nutrients in the soil and make it more available for the plants which is one of the reasons that fields that all they get is the artificial fertilizers, they don't have that so then you just have to keep adding fertilizer. This way the soil can actually feed the plants all on its own.

[picture 59]

[picture 60]

This is Jim here. These are castor beans from Jim. Yeah, these are castor beans.

audience member: What are those?

Fox: Those are tomatoes. I don't know if I can back up. [instructions from audience] Uh oh. Exit? [instructions from audience] Yeah, those are tomatoes.

[picture 63]

These are blue peas, Jim. [laughter]

Okay. Okay. I've got time if anybody has any questions. [applause]

audience member: What is the size?

Fox: We just added to it so I'm not real sure. I think when you figure in the orchard and the blueberries and the all the different fruit things, I think we've got close to a half acre altogether.

audience member: Sorry, stupid technical question: How do you do water?

Fox: We have a 300-gallon rain barrel right now and we're adding, let's see, 1500 gallon, two smaller ones that'll be about 1500 gallons of rain barrels. We also have a pond but last year the pond started going down and we didn't wanna, we have fish in the pond so we didn't want to deplete the pond so that's why we're adding rain barrels and so just gravity.

audience member: So you're putting them up on pedestals?

Fox: They're just higher than the garden.

audience member: And that provides ample pressure to get water out evenly?

Fox: I water slowly at this point but I do have a pump that if I'm in a hurry, I can hook it up, just a small electric pump.

audience member: So you're doing that manually.

Fox: Yeah. We're, we talk about trying to get more, like doing, being more systematic with it, but it's like I was telling you. The physical exertion and being with the plants, I love to water. I love to be in the garden. I love, you know, for me to go and turn a switch and have the garden water itself would be sorta like defeating the purpose for me.

audience member: I gotcha.



Fox: But you know, if you have a much bigger garden, we're growing for the two of us and our kids and then I give away to friends, so we're, you know. We don't have, it's not a major operation.

audience member: Do you have a mole and chipmunk problem?

Fox: You know, it's funny: every year is different. One year we had a mole problem, one year we had a chipmunk problem, this year we had the raccoons. Every year it's just like, you know. You never know the weather, every year the insects that you're dealing with are different. And I was telling somebody here earlier, for me it's like, I take what I get and I say thank you. It doesn't really, you know like, it doesn't matter this year we're not getting okra. We can live without okra. We don't buy vegetables at the store, you know. A few, just every once in a while we'll buy vegetables. We eat what comes out of the garden. We plant what we like. And then if we have a crop failure, well, you know, plant more next year.

audience member: If I have very little experience with gardening and I want to start a small organic garden, what veggies would you suggest?

Fox: Where do you live?

audience member: Raleigh, North Carolina.

Fox: What you like, you know. There's some things that are easier to grow, like tomatoes are easy.

audience member [Eddie?]: Any of the mustards are real easy.

Fox: Yeah, mustard, yeah. But...

audience member: I like tomatoes, so...

Fox: Yeah, tomatoes are pretty good. Peppers are pretty easy to grow.

audience member: Do you collect your seeds from year to year there?

Fox: I do. I hadn't as much until recently. My son gave me a really good book on saving seed. And actually Pupak's presentation last year about heirloom, she inspired me to do a lot more seed saving and I'm growing a lot more open-pollinated slash heirloom. Open-pollinated means that the seeds that you save should be true to that plant, though they're not always gonna be if you grow more than one plant in the same species. I mean, different plants work differently. And then heirloom just means a plant that's been grown over time through passed down from family to family. I did find out recently, I was reading up on Montecello, I found out that a number of my favorite open-pollinated plants that Thomas Jefferson grew them, so I thought that was pretty cool.

audience member: What about corn? Do you grow any corn at all?

Fox: Yeah, that's this year. I didn't grow it for a number of years because we were having so much trouble with raccoons and so this year when we expanded the fence, we put, we got the electric going. They got in anyway and I had to run to a tractor supply and get a stronger electric fence charger because they just went right through it.

audience member: When I was young my parents had a large garden in Nebraska. We had about 20 acres of sweet corn. And we had a little stream where some mulberries started sprouting up along the stream by accident.

And when they grew up we found that the raccoons liked the mulberries way better than the corn. So if you have a little spare spot, you might plant just some mulberries for the raccoons and then...

Fox: Yeah, I've got a mulberry tree. It hasn't borne fruit yet. But the one year we didn't have to worry about the electric fence or anything with the raccoons is the year that our neighbors grew a whole field of corn. And we've been trying to talk them into doing that again. Please grow corn! [laughter] Because they said, why bother with this little patch, we'll go next door.

audience member: Was that field corn or sweet corn?

Fox: Theirs was field corn but they still liked it.

audience member: They love field corn too.

Fox: Yeah, yeah. I think it was just that it was probably at the--you can eat field corn like sweet corn, you just gotta pick it earlier. And they, I think they hit it just right so they were happy.

audience member: You preserve a lot for the winter. What's your favorite method of preserving food for the winter?

Fox: We put up a lot of, like yesterday I was scrambling to get my vegetable soup put in the freezer before I left. We put in meals, like I put quarts or pints of jumbalaya, vegetable soup, you know, I just have these recipes that'll use a lot of the vegetables that are ripe at a certain time, and then that way the rest of the year you know, it's...

audience member: So you freeze it?

Fox: Not all of it. A couple days ago I made a canned tomato sauce. I dried sundried tomatoes. We freeze, I've got two great big freezers and then freezers that are on two different refrigerators so we do freeze a fair amount. Like I put about nine pounds of, a little over nine pounds of blueberries in the freezer this year which is taking up a lot of my freezer space so I'm gonna be canning more this year. We'd like to get to where we're canning more and freezing less because we do live in an area where we have power outages and a couple years ago we had an ice storm and our power was down for 11 days. So luckily we have a generator so we kept the freezers going but I'd like to be more secure and know that things are canned and you don't have to worry quite as much with them.

Okay, thanks! [applause]

**BRITTANY F. PRESENTS**  
*In My Own Image*

...going to say that again for the benefit of the reporter, we welcome Brittany Fesha (?), In My Own Image.

**Brittany:** Ah, well, I have a feeling half my thought has already been given for me today. Several, several of people has already touched on some of the things I'm gonna say so I'm gonna try to just put my own spin on it. I had originally tried to make a very tight outline on spending on doing this a little bit differently, and now I'm actually doing it now, and after some of the things other people have said... [inaudible]... a little more organic, because I haven't studied in psychology or specialized in much of anything since it's mostly based out of personal experiences that I've had, especially over the past year.

Uh, I feel like one of my greatest challenges in this incarnation has been self-esteem and having a positive image of myself, I [inaudible] a child grown up with a lot of self-hatred, sometimes to a point that I was suicidal and I would just cry and self-loathing and... It's something I've tried to overcome for years through all manners of exercises but after all that's not something you can just stop and you can't just make yourself like yourself. You know, I've tried looking into the mirror and like, 'Oh, you're great, I love you,' and half (**had?**) a million people tell me how awesome I am, and it doesn't mean anything until you can actually feel it inside.

And up until, well, less than a year ago, I have never really found that key to feeling it, that I like myself, inside. And only last Thanksgiving one of my best friends decided to end his own life without really any forewarning, and that was... I've had a few relatives died before and I've had people come and go throughout my life but that was the first time someone had been abruptly taken from me. And I... my whole world disresolved. Like, I felt like I had been living in a castle of delusion and having a trauma like that just rushed in [inaudible] Everything dissolved around me, and my world fell apart, and I was pretty wrecked for a few months.

Because of that, but as the, as the flames cleared and (**shuffling through?**) something through the ashes, I began to realize a lot of things about myself that have been catalyzed through that experience. And that again a whole, a whole different kind of quest, and a means of study and practice that led me to where I feel over the past year or so has hoped to cultivate an actual sense of self-worth and self-esteem. I don't think I'm all the way there yet as I still get very self-critical and constantly wonder what people were thinking about me, but I feel so much better than I've ever had before and begin (**began? being?**) able to socialize with people and see people for who they are instead of through this lens of my own insecurity.

And most of the people I've met, especially people that are sensitive, and who show [inaudible] deal with the same issue of truly liking themselves, and... There tends to be [inaudible] that sense of "I'm not doing enough, what could I've (?) possibly do more?" because you've got people like Jesus and Buddha and the like [inaudible] who did these big and amazing things. And a lot of us, you know, we don't have that kind of influence, and it's like (**while I'm not?**) "I should be doing that. I should be out there saving the world, and because I'm not, I'm a bad person."

And what I would like to do is through reliving some of my experiences within the past year, go through some of the things that I think are the top killers of self-esteem and things that (**drive us down?**) the most, and THE things that most promoted and [inaudible] helped me at (**help me aid? add?**) the atmosphere in which to truly know and love yourself. And I've divided each to about 5 points [inaudible] tried not to be too structured.

And the top part [inaudible] self-esteem, the first one I've got is repression. And that (**echoes with all who say? were saying?**) with Jung about the shadow self and that, when you repress (**crush?**) something, it... when you find a part of yourself that you deem unacceptable for whatever reason and you just stuff it, you say, you know, "I'm not... I'm not that, that's not me, I'm gonna stop [inaudible] and be something else." And that's usually where it all starts. Repressing the self [inaudible] where it lacks self-esteem against, and for me, it began in my early childhood, and that's where it begins for most people. Because no one is born having any kind of self-

criticism, really. When you're a child, when you're a young child and you're full of innocence and wonder and you trust everyone and you have no conception of, you know, "I'm not supposed to be (?)" and children are... children just radiate. Themselves.

And when I was a child I was very sensitive to non-physical presences and phenomenon, and I told everyone I knew about it, and I would talk to invisible people and I would relay these experiences and I was not in an atmosphere where everyone could relate to that. And I went to public school so, of course, you know, I've got [inaudible] "Retard! You're psycho, you're nuts," and, eventually, you know, my parents and my babysitter and someone from the camp I went to all kind of pulled me aside and were like, "you need to stop [inaudible] like this because people think there's something wrong with you. They think you're retarded and you're gonna like end up in the [inaudible]." And I was still very young and impressionable at that point, and to have my greatest role models tell me, you know, "you're not okay the way you are" made me feel horrible. And I felt like I must be a terrible person, there must be something really wrong with me and I've got to fix this, I've got to be better or I'll never have any friends and I'll never have anyone who loves me. I felt very... unloved, even though I know my parents loved me, and I had many people around that loved me. But I didn't feel like I was accepted.

And so I made the resolve that I was completely just... be a different person. And I took all those behaviors and stopped talking about, you know, anything remotely paranormal and stuffed myself to a box pretty much and threw that box to a closet, and tried to just do what people around me were doing, like "Oh will this make you popular, this makes you cool, people (who? would?) do this have lots of friends and I actually ended up becoming a bully, and becoming a very negatively oriented person in my early teenage years because that's what got you friends. I realized, you know, "Hey, if you make fun of people, and you [inaudible] other people, and hey, people like that! They laugh, they wanna hang out with me," and I was going down a path that I eventually realized as (?) "This isn't me at all! [Inaudible] other people made me into this, and this isn't who I want to be, I don't want to hurt people."

And, I realized, eventually, much later, what happened (to you?) when you repress a part of yourself: it never goes away. It just (festered? festers?) and, it's like, vanishes into (to?) this limbo and it... twists into something else entirely. And you get this creature that just rises and screams out and it will constantly call for your attention until you give it the attention. The Shadow will always manifests itself in some way.

And for me, I stuffed it to the point it manifests as this [inaudible] (psychosis?) and I spend about 5 or 6 years of my life in mental hospitals, completely insane. I mean, I would charge people and growl like an animal and it was just completely ridiculous. Because, my actual experience, you know, my actual soul essence and what I was telling myself [inaudible] reality, you know, what [inaudible] (so important over one another?) that I literally developed a split personality. And there are other me's that would come out and talk to people; I was so disintegrated.

And after about [inaudible] I decided that I was tired of being crazy. I was really tired of being in mental hospitals which are just terrible places. And I was tired of being on drugs and poisons in my body. And I realized there was no [inaudible] (therapists and [inaudible] and pills?) and I realized that there was no one out there that was gonna fix that stuff for me, that there was nothing they could do to my brain, no drug they can get me that would fix all that. I was like, 'I'm gonna have to do this myself.'

And at that point I started, just beginning to get into a metaphysical way of thinking and taking responsibility for my own thoughts and my own being and it cured me of insanity. I mean, you can tell from me talking right now I'm completely lucid and coherent, and I'm not an animal crouching in a corner going 'aarrgghh', you know?

But, ah, it didn't really do that much to boost my self-image. And I still, I had a lot of friends, but I didn't feel like any of them... really liked me. Especially when I got into the metaphysical community [inaudible] my world opened up because it was so different from the very religious atmosphere I've been raised in.

And, there's all this people (flooding in?) and I talk ('ve been talking?) to everyone, (and it was?) like, "Hey, this is great!" and I got tons and tons of friends, but at the same time, I felt more self-conscious than I ever had. And,

when Chuck died, I realized how much of my own world I placed on the approval of other people. And that leads me to my second point of [inaudible] projection as a little different from how [inaudible] was talking about projection earlier than I. As speaking of when you take any value of yourself and you place it on another person and this phrase, like, "Having lots of friends" meant "I could like myself having other people that agree with me and then I could like myself." And I didn't want to look inside to see this... this squished down ugly thing that has just been tormented for years; I didn't want to look at that, so I just put (**push?**) it out. And anytime, anyone disagree with me [inaudible] got into [inaudible] which everyone here on the forum knows [inaudible] those.

And, uh, anytime a friend wouldn't call me, or they didn't text me for a few days, it was just this huge, crushing, personal thing, like 'they must hate me' 'I'm not a good person,' you know? And just losing Chuck, like out of the blue, suddenly I got very paranoid that all my friends are gonna die, or they are all gonna leave me. It was like, I'm gonna be alone in the world, because I've put so much of my personality into him. He was such a role model to me; he was... an absolutely brilliant man. I've never seen a mind like his. He could have done... he could have been anything that he wanted to be. And... I've invested so many (**traits?**) into him, and when he was gone, it was like a part of me was gone, too. And (**I've lost?**) the whole. And I started realizing how many people I have done this to, how many people I was depended (**dependent?**) upon; that if they left my life, I wouldn't be able to handle myself. I wouldn't know who I was. And I realized that, you know, [inaudible] was I wasn't able to look into myself and have true self-reflection, because I was so afraid of (**what I would find?**) like, Oh, there's a monster in there.

And, fast forwarding a little, to, well, I guess I should say that, you know, that calls, that was a ground-breaking revelation at that point; that's where it (**I?**) kickstarted. Really, my journey towards discovering my true self-image was realizing how much I placed [inaudible] upon other people. There was another scenario... A few of you may remember [inaudible] from last year I was talking about certain individual (**articles?**) [inaudible] is probably the closest thing I've ever met to a negatively polarized individual. I wouldn't say that he's... fair but he's a... got a very negative (**disposition?**) of life and I did a lot to... I got kind of obsessed with him for various reasons and I tried to write him out of my life and he kept coming back in. And with everytime [inaudible] just not think of this person anymore because he's like my shadow [inaudible] all the parts of myself I can't stand are just like... *poof!*... right there. And he just kept popping up. And I eventually became aware of the fact that I was creating imaginary conversations with him. Because I've never met him in person; it's a person that I met online, and we haven't talked that much. And I realized how much of this person's personality I've defined through things I've imagined; that I would create these... *advanced* fantasies [inaudible] interact and talk about various things, and that I [inaudible] influence the way I thought about this person, and I realized, *'that's not him at all! That's me!'* Everything I see this person as is something that I, *thought* up, based on a few things he said. I've never met him, I don't know what he's like at all; he could be totally different.

And at that point I started to realize I did this to just about everyone, that just about everyone I know [inaudible] part of my perception on that person out of imagined things, out of pieces of myself I projected outward and this... [inaudible] character up and use that to talk to myself, and I realized what I was doing. And I realized that makes a tremendous impact on how I see other people, and how I see myself. And, becoming consciously aware of these imaginary conversations, and everytime I have one (**realizing?**) I'm projecting onto another person, and stop it myself. You know, accepting "Okay, this is what happened, and I'm gonna think in a different direction now, and NOT imagine for this person what they are." And not only did it just wipe away so much of the clutter in my head and so much of... it helped me understand myself so much better [inaudible] all these people are *me* in my head, and it also allowed me to start looking at other people for who they are, and to listen to other people and see... I mean, it's always gonna be through a filter; you'll always see people through some sort of lens, but to see through a little clearer lens... Who these people actually are, instead of just like, how I perceive them based on my own insecurity.

And thinking what they must be thinking of me. You know, like "Oh, they must think this about me. They're thinking this about me right now!" That's such a destructive thought process; to imagine anything another person is thinking. Because at that point you are creating that reality and they're more likely to think, I mean,

I've heard people, you know, [inaudible] "Oh! Because I'm psychic, and I can read their mind!" No! It's because I created that. I was co-creating that energy. And when you constantly think negative thoughts about a person, you think they hate you, and you think they're going to antagonize you, chances are they probably going to eventually. You will eventually get what you want.

And another issue of projection I notice was... very recently I finally succeeded in discovering a big chunk of my biological family. I was adopted at birth, and searched for them for some time [inaudible] getting the paper works pushed through and everything. And I was very frustrated 'cos I was like, you know, I've sent in my money, I've done everything, my guides are really telling me it's time to meet these people, why can't I? Why is there, this big... elephant in the room that doesn't need to be there? And then I was having a conversation with a friend, and it eventually made me realize because I already expected them to be a certain way. I already had in my mind how my parents are. I was using that to explain myself. It's like, 'they must be in this way and [inaudible] like this, they must have been psychic.' And I had this fantasy that my dad was like this black sorcerer, and, and I explained my [inaudible] it was so ridiculous when I look back on it now. But I took that very seriously, and I had already created parents for myself, and I think because of that, that's why I wasn't able to find them. Because, you know, it was like you're not ready to meet [inaudible] people because you're going to be disappointed.

And at that point I suspended the projection. You know, I suspended what I thought would contribute to my own self-image, and hole by hole it finally pushed through. And I met them, and they were nothing like I expected at all. And it's been very interesting integrating with these people and finding a whole another family that I never knew I had [inaudible]

And, uh, moving, moving on to point (three? inaudible) ... really need to speed this up. Uh, it's pretentiousness. And, one of the things I've noticed in myself a lot, and I don't think I have a specific example because there's so many it's... when there's a lack of self-esteem it's easy to substitute it with arrogance. And... you don't... feel like you have... you don't feel like you're just being with yourself is enough. It's like no one could (like the best of you?) you have to push your achievements and you have to push your strengths. And in my case it led me getting extremely arrogant and see myself as being very powerful and trying to speak with authority to other people. And I did get a lot of people [inaudible] around me because anyone could project any kind of confidence [inaudible]...

And, eventually I realized how empty and hollow that was and how I was actually making up achievements [inaudible] really stretching things in my mind trying to pass on how [inaudible] acceptable [inaudible] but I did this [inaudible] something right. And... ugh, what a ruthless and [inaudible] the pumping up of the self really is in the case of developing true self-confidence. And I was actually very surprised this summer, and [inaudible]

This summer I finally proceeded to study some pretty [inaudible] negative philosophy, because I have always been afraid of it; I've always been afraid that I will probably like it, and I fear those... this STS person inside of me that was going to take over. And I finally realized, 'okay I need to overcome this fear, and just... look at this stuff and get over my fear.' And so I read what I consider very authentic volumes negative philosophy. And one of the thing that surprises me the most was (Self? [inaudible]) and, you know, hollow pride was so deep [inaudible] it was like you... if you truly want to strengthen yourself and promote yourself, don't waste your time on fruitless pride, and on, you know, a [inaudible] lifestyle. And I was like, wow, that really surprised me because I always thought that truly negative individuals would be [inaudible] and putting all that [inaudible] negative energy [inaudible] even the negative polarity [inaudible] don't do that! It's not useful, it's not useful for anyone to create this expanded self-image that has nothing to do with [inaudible] learning in your life – it's just a distraction, in any case.

Another specific example I had was [Fun? Fur? Fear?] year and a half ago I decided to do some channeling and I stopped because I really let it go to my head. And I don't think I will ever be able to channel again because it's such a temptation for me, to speak with authority. And I think if I'm ever involved in any kind of channeling

again I'll offer myself as a (**battery?**) because the spotlight... the spotlight isn't necessarily a good thing, especially when you're trying to cultivate humility.

And next point is (**absorption ? obsession?**). Which, in its, you know, simplest form can just be jealousy. And, you know, constantly looking at what other people have, and, and wishing you had it for yourself, and even (**when they don't come at your neighborhood often? Your neighbor's son? Auction?**) But it can get into... when [**inaudible**] someone else had so much, or investing so much of yourself into them you literally began to take on their identity. And it sounds a little far-fetched to think that you can just absorb an identity, but I began to realize how much of my identity (**that I had?**) literally just [**inaudible**] from other people, and mimic their lifestyle to the point that I wasn't really functioning within my own personality. '

And it sometimes this will take a form of people being like I'm a famous person, or oh, I'm [**inaudible**] I've seen a whole lot, and I've done stuff [**inaudible**] and (**the think I would ask them is?**) what would really be the benefit in thinking of that. Because, on one hand I realize, you know, there is a lot that can be done with [**inaudible**] energies (**experiences?**) Experimenting with different types of personalities and everything. But it was like what is really the use in assuming an identity that is so far above the human experience? What we're here for is to be real and be human. And the responsibility that comes with assuming an identity that is not inherently your own. I mean, for all I know, all of these people could be famous people. And we're all one. I mean, we're all all things, but in the lens of 3D experience there is a huge responsibility that comes with assuming the identity of Jesus. If you say, 'I'm Jesus' are you really ready to live like Jesus? To give up everything you had, and suspend judgment entirely, and you know, possibly die a horrible death. You know, it's like, are you willing to take all of that on yourself? Or are you just saying 'I'm Jesus' because 'hey Jesus is cool; that would be a cool thing for me to be.' And it's just like this the projection of the ego in which... it's like a way to... *sorry let me check my notes for a sec...*

It's like a way to validate... like, I've seen people that have philosophies, and in order to validate that philosophy, they will assume a higher identity. Because coming from that identity it means a lot. Otherwise it's just me and you saying words. You know, what you say (**as words?**) is totally different from others like 'oh, I'm channeling Krishna, and everything I say is really important because it's coming from this source.' And I'm not getting into channeled material here. It's like a whole other (**game?**) I've seen a lot of people just assume identities. And say, 'I know a lot about this person' and just project that outwards. And let that [**inaudible**] into the consciousness of everyone around them.

And in my case, doing that was extremely (**horrible?**) to me. There was a certain entity I identify with. Some of you know about it, some of you don't. And I got so worked up that I pretty much just... it changed the way I function, the way I acted. And I almost lost myself. I almost became someone else entirely. And one of my friends stepped in and pretty much [**inaudible**] 'you don't want to do this, you don't want to go down that road.'

And I told Chuck about [**inaudible**] he believed it and he got so, I guess upset or surprised by it that he went into a psychotic state, and got really emotionally distressed and I don't feel like that's the reason he killed himself, because he have had depression for years and years before that [**inaudible**] doing that, I was like, 'okay I need to stop this right now, that's not real, don't listen to anything I say' but he was dead a few months later.

Regardless of whether or not me saying those things to have anything to do with him deciding to ending his own life, it really shattered my delusion of it's okay to (**wear?**) someone else. It's not. It's not okay to wear someone else. And I've heard people say 'it's all part of the experience, it will turn out okay.' You know, you can do anything and it will turn out okay. And that's true. You can kill a million people and, you know, it will be okay [**inaudible**] out of third density experience. There comes a time you need to take responsibility for who you are [**inaudible**] I'm gonna get all of this out.

The last point of the killers of self-esteem is over saturation, and that's just (led?) There's cameras and computers and internet and everything everywhere [inaudible] all these images are constantly just being bombarded upon us. And we're constantly being influenced [inaudible] how we should look, what consensus reality is, and you got all these beautiful models and all these advertisements and everything just (pouring in?) and that combines with severe overpopulation and long workweeks, like no one has any time to stop and analyze and figure themselves out. And then you got social media. It's like this ever-present [inaudible] (presence?) just coming in. And it's so quick. Everything is so quick, when you can type something and drive there and go back and forth and you go like and dislike and [inaudible] something so shallow... it turns small issues huge. So, like, someone doesn't like your post on Facebook and suddenly they don't like you. You know, when someone made a [inaudible] sounds like that's a personal insult to your being. And that's because we no longer have the time, really, to sit down, and think about what it is that we wanna say, and how we want to express ourselves, and we live in a world where everything is 'bam, bam, bam, bam, say it now,' and this instantaneous feedback.

When [inaudible] really damaging because no really gets to say anything [inaudible] really want to say or be who they really are, because it has to [inaudible] with the [inaudible] self-esteem [inaudible] I have to go really quick [inaudible] to oversaturation would be silence, and making time for silence. If you don't have any time in your life for silence and for self-reflection and to actually think about what you are doing, you need to make some. There has to be some that you can sacrifice, to spend like at least 20 minutes a day just... settling, balancing, knowing who you are.

If you can't make that time in your life... I would say that's for... you have to make the time. It's like you have to take responsibility and *make* the time to know yourself. I had (flexibility?) which is pretty much the reversal of... you know, the danger of projecting our identity but there's also the benefit in being flexible and not being, like, so rigid in 'this is me and I'm not gonna change and this is how I am' and being able to experiment with different modes of (life?) and with different types of behavior, and being willing to look at things from other perspectives. And that's like the other side of the coin in having a [inaudible] and mister [inaudible] over here [inaudible] talk about the archetypes of [inaudible] and he told me, you know, once you thoroughly understand the archetypes then you can just walk through them. And you just flow and...

All those recent studies was of the [inaudible] flies through the experience because he can adapt in such situations. So adaptability is just, is as important as being grounded in who you are. And I had, grounding is very important, and balancing... I was gonna do an exercise but [inaudible] pretty much did it earlier and just focusing inward, and finding the core of your being. And I find myself doing that now any time I find that I'm projecting [inaudible] go in for a few seconds, and stop and think 'How am I feeling right now' and then I surrender to that feeling. And I say, this is me and I acknowledge this is how I feel and that's okay! I am okay with who I am right now.

And it's like working at yourself can be painful, and it's hard, and [inaudible] people don't want to do it. And I would say, you know, the big thing is, you just have to do it. You just have to make a push, and yeah, it will hurt if you [inaudible] when it comes out. And it's not fun and it's a lot of work and it's a pain in the butt to sit through all this stuff, especially if it's repressed since childhood. But once you do, once you (pop an open?) like, the *minute* I was willing to go in and actually (observe? absorb?) all of it, *so* many things [inaudible] out. And this year it's just been like things just... coming out like crazy.

And I am not gonna get to... get in to all this... but I feel like I may have covered the best of it. I will close with, you know, well, this is totally important. Knowing your desires, there's so much I can say on that, and knowing what it is you truly want. Being aware of what you actually want versus what you're told you're supposed to want. And in closing, I have what is my own heart desire and I realized what I wanted most is me. To know me, to [inaudible] that me that I stuffed down a long time ago and kicked her out and ifnored... I want that me. Even if it's flawed and imperfect and it's full of distortions and it's... got all these bad traits and likes black magic



and whatever, I don't care, I want that me. And I want it back, I want it back in me. That's what I want the most of all. And knowing that has changed my life. And I wish I could have gotten into a lot more details. I have so many I can talk about that indefinitely, but I hope that that at least covers a little bit of it.

KEN W. PRESENTS  
*Victim Perpetrator Rescuer Triangle*

First I would just like to apologize, because those of you who that heard Jim speak last year, were probably really excited to hear him speak again because he is a fantastic speaker and an excellent story teller. So, I might be a slight let down if you are expecting another presentation from Jim. And I also would like to thank Jim for yielding his opportunity to present, and for allowing me to do so. Thank you, Jim.

First of all, what I'm about to do is tell you a story. And it's not my story. It's a story that I read from another individual, his name is Arn Allingham, and I can give you all the information for him, any information of him that I give you is secondary and I can give that to you at any point, and he also has a web site zingdad.com. Zing is the name of his dog, but his name is Arn Allingham, and he presented this story and I found it extremely helpful to me in this past year, probably the most helpful thing to supplement the Law of One material that I've come across, it just gave me another lens through which to view it and further clarification on some concepts and some new ideas as well. So, this story I'm telling you is just my presentation of his story. I'm not using his exact terminology, I'm not going to read it right off the paper. I'm just going to kind of summarize the story. But if you are interested in it I encourage you to go, obviously, to the source material and look at it yourself, because I don't want to do any injustices or claim this as my own thing. And then I'm going to, after telling you this story, just, provide some insights that the information gave to me, personally.

So the story is the story of the Dark Landers. Okay, so there were these people called the Dark Landers and they lived in this large, vast, underground cavern and no one had ever gone to the outside of this place. No one was ever outside the Dark Lands. But they had legends and stories of a time in the ancient past when these Gods came down to create the Dark Landers. So they divided into two camps, you could say two ideas, two ways of looking at the Dark Lands. You had the type of Dark Landers who thought that, "This is really fascinating. There were these Gods that came down." So they were kind of were looking for something. They were motivated to look for something beyond the dark lands, and they didn't really know if there might be something. And there was this camp of Dark Landers that were called, "The Realists." And they thought that, "No what we see, is what we have, is what we get, this is the Dark Lands, we are Dark Landers." So one day, the Lookers, (we'll call them the lookers and the realists) the Lookers were being positive, as they are, and the Gods answered their call in such a way that a dim, ever so faint light was provided inside those Dark Landers who were calling. But it was so dim, that if you looked at it you could convince yourself that it really wasn't anything. You could look at it and say, "Oh I think I see a light there. No it probably isn't anything - its probably just nothing - just nothing." But what was important is that the desire of seeing this light itself, that desire was what caused it to glow. So naturally, those that had this desire would have this light and be able to see a little bit further ahead of them, and those that didn't have the desire, didn't. And so naturally, these Lookers, you know they are looking, they're seeing, and they are kind of telling people, "Yea I can look, I can see a little bit ahead." And other people are fascinated by this, "Wow really? What's it like? How do you do that?" And in so doing, their own inner light starts to shine a little bit. And so these lights grow, they get brighter, and it comes to a point where they can actually, see a crack somewhere out there, they can see light coming. So they start to build this scaffolding to like get up there and see what's going on. And meanwhile you have the realists that are saying, "No this is impossible, you are all just not doing anything important, this is crazy. We are Dark Landers. There is nothing up there. All you people who say you can see something are weird. I don't see anything, there is no light." But since they didn't have the light themselves, they couldn't actually go and stop them from building the scaffolding because they were kind of stuck in their own little existence of being a Dark Lander.

So, eventually the Lookers make their way to this crack, and they escape the Dark Lands and they are now in the Bright Lands. So this is the first section of the story - there are kind of segments - and this is extremely

abbreviated, so naturally you will be picking up its not quite consistent, there are some holes, there are many things I'm leaving out here, and just hitting the main points. So for the purpose of the presentation we can categorize those that made their way out of the Dark Lands, into three categories; the service to others, the service to self and the unifiers. We will start with examining what the service to self individuals chose to do after this point. So, the service to self people make it out of the Dark Lands and they are in the Bright Lands, and they think, "This has made us better and wiser than those individuals that are back there in the Dark Lands, because they weren't successful in leaving the Dark Lands, so clearly we have something that they don't and we have some kind of power and we need to use this power to control them. Or otherwise they wouldn't be here where we are. So that's were the service to self entity would be.

Now lets go back to our Dark Landers. Our Dark Landers, the "realists" are the ones who are left because the Lookers obviously became the Bright Landers. So our Realists are left thinking, "Something happened... all these Lookers are gone." And they can't help but think, "Well, its kind of coincidental that all the people that are gone were also the ones who are the Lookers." And so they are left kind of pondering with that.

So these service to self entities, have made it to the Bright Lands and they decide to come back and the Realists who are left, since they don't have the light, they are kind of paniced. They are in doubt of what happened, They don't know why these Lookers had made it out. They are kind of fearful of it. Some of them say, "Oh the Gods punished them for looking because looking is terrible. And other people said, "No the Gods saved them because looking is the right thing to do – they were saved. And so there is a lot of doubt and chaos in the Dark Landers, and they are very doubtful and they are very fearful. So they say, "Please we need someone to save us." "We need to be saved. We need help." And so naturally, the service-to-self entities were a pretty good match, because they have in a situation where they are like, "yea we have this power, we want to control people. And you have these Dark Landers who are left saying, "We're powerless. We need help."

So the two, kind of attract each other pretty accurately, which brings me to the beginning of the "Victim/Perpetrator/Rescuer" triangle. And this is one section that I'll read from the author to summarize the triangle quickly;

"You see if you believe that you are a victim, than you believe that someone or something is doing this to you. Someone else is the perpetrator who is responsible for your misery and therefore someone else must be responsible for rescuing you and making it better. These three mindsets always go hand in hand. Where there is one of these three, the other two also follow."

So we can see how the service to self entities and the Dark Landers that are left in their fear and doubt, kind of naturally attract each other. So the service-to-self entities come down and they do their service-to-self thing and they are quite happy to say, "Yes, I am better than you. This is how you should appropriately worship me. You can bring me these things. You can bring me these foods, you can bring me these material items – this is what you should do." And like we here in the Ra material, they kind of set up their own camps and their own little pyramid structures. So naturally you have some competition between the light bringers themselves - those service to self entities who brought the light back to the Dark Lands. So they are bringing light and so they are saying, 'No you should worship me. You shouldn't worship this guy, Sam doesn't know what he is doing, I'm going to get you to a lot better places, you need to set up camp with Ken." As this process goes on the Dark Landers also start to change because obviously they are being enslaved, and they think well, its not the most enjoyable experience being here but we have kind of managed to get somewhere by sticking together. And so they put out this call for help that's slightly more informed. Because they realize they are calling from a place of an open heart. You know we've been enslaved by these Light Bringers – all of us here at L/L Research in the circle, we've decided, "Well we're still alive today we've stuck together we've made some progress, so lets try and call together, maybe in a different way.

And so now, we can address our service to others beings. Because the conditions are correct for them to arrive because the call that we've put out has been not in a situation of doubt or fear, but one of love. So our service to others beings who are in the Bright Lands, they kind of view it as a wonder and a blessing and a privilege to be in the Bright Lands, and so naturally they want to share this experience and they want to help other people get to the bright lands. So there are a couple of scenarios and different ways this can play out. The author goes into time lines, some concepts that we are familiar with, but to summarize it we'll just say, in one timeline, one possible scenario would be that the service to others entities could come down, and they could defend the Dark Landers from the service to self people, there could be this big battle, Star Wars, you can think of it this way – there's this battle - the light vs the Dark plays out, we are going to protect you, we are going to conquer you and all this. In the end, what does war breed but more war. So another possible scenario could be that the service to others entities decide, "Well we'll choose to walk among them as demi gods. And we'll come down and we'll just try to teach them. We won't wage war on anybody, we won't do any of this, but we we'll try to teach them how to heal, how to take care of themselves, things like this. But if we examine this situation it seems much better than being taken over by the service to self people and being enslaved, but the further we think about this, this becomes a population who becomes dependent on someone to provide because clearly if I am going to be healed, then I can be as reckless as I want. I don't have to take care of myself. I can literally do anything I want. And I could say, "If I go to the service to others guys over here they will help me back out." And I'm not really growing or learning very much on my own. So you can see how this could run rampant on a large scale if left unchecked. So this approach maybe wasn't the most efficient either. And so we'll use this opportunity to look at this specific triangle of the victim perpetrator and rescuer. And how just by a nod, is the triangle in that little summarized story doesn't make sense in how its presented there.

And so there is much more to this story, there are the unifiers, that I'll briefly summarize later, but I wanted the bulk of the presentation to be about the victim perpetrator rescuer triangle because I think, well I know, many of you have heard in the presentations prior, Beatrice yesterday gave a perfect example – she came to a realization where she said its taking away their catalyst – I was taking away their catalyst. And being a rescuer and its very difficult because you are coming from a place of service and of love and you think, "I want to help!", but in taking away someone's catalyst there is unbalanced wisdom that happens and it could be a very difficult thing to do because you think, "Well, if I'm not helping what am I doing? And in a roundabout answer what it lead us to and like Brittany was saying yesterday as well, there came a point when she decided, no one else is going to do this for me, no one else is going to actually get in there and address these problems. I have to do it. And to me, in my experience, that's what this has encouraged me to do, to say yes, I have to pick myself up by my bootstraps and direct my life. And not only that, when I do ask for help, or for guidance, how informed, how direct, how specific is this request that I am making? Am I sitting here in pain if I'm just miserable and nauseated and I have some sort of physical condition where I am just laying in my bed - am I saying, "Oh man, this is terrible, somebody help me get rid of this. I need somebody to take this away." And it's very easy to think because you are in so much pain at times, and you just want the pain to be away.

But now when I find myself in situations like that and also coupled with the archetypal mind this can be very beneficial to someone's growth. In the moment, if you have the awareness you can look at specifically what archetype is at play, but less specifically, if you just want help you know better to say, "I just want somebody to take this away. I request the tools to address this myself, grow and heal myself, because I'm the only one that's actually going to do it." Of course there are beings that can assist you in this, make it a little easier – provide better conditions to do that. But that's just one example in which this little story kind of made it easier for me to see what type of reality I was creating, what type of messages I was sending out. How many times was I making myself a victim in doing that? How many times was I making myself a rescuer even just for three seconds when listening to someone else speak and I'm thinking and I'm assessing what this person is telling me and thinking, "Oh yea, this person is suffering with this, if they would do x, y, and z, they would be better. I can help them with this or I can do this for them. They need this information that I have, or they need this skill that I can provide. And looking at that carefully, so that you can help as best you can without being this rescuer that's

coming in, because what I may not have realized all the time is that just in the act of becoming a rescuer, even for two seconds, you create a victim and its much easier to see that you don't want to be a victim, than you don't want to be a rescuer. And certainly many of us here don't want to be perpetrators. Or we wouldn't find ourselves at L/L homecoming 2013.

But I have heard of many people at this homecoming talk about the victim rescuer perpetrator triangle in one way or another. And we're all familiar with it but for me, when I read through this story and I encourage you obviously if something that you think you would like to investigate it – cool - if not just leave it no big deal, no harm no foul, but if you read the story its much more detailed, you get much more attached, and its much more eloquent than I can give you in a quick 30 minute presentation.

...And give me one moment to collect my thoughts before I scatter off and forget something.

Okay, the Unifiers...the third type. Just to hear his presentation of what a unifier – because I was curious, when they tell you these three types, you're like, "Well, what the third?" So just to read you about Unifiers:

"Unifiers came to the realization that the Bright Lands are bright not because of the place but because the inhabitant have a certain level of awareness. This meant to them that obviously it wasn't the Dark Lands were dark or the Bright lands were bright. What was different was the beings choosing to experience them, their level of consciousness and the truths they held about themselves. And so each desired even greater truth. They didn't realize it didn't lie above, beyond or outside of themselves. They realized the change would come from within just as it actually had when they and the others ascended from the bright lands. So they sat still, looked within, stilled the mind and waited on the light. It took them some time to get the discipline right but eventually they did arrive at a new level of being. They found a place where it wasn't so much a being with some inner light, as a being actually made of pure light and there inside themselves they could interact with other beings of light. They all played and loved and created together. They were one, but separate, like a rainbow."

There are several more analogies and stories within this work that shed light into other areas but for the purposes of this event, I felt that the victim perpetrator rescuer triangle was the place to go. And also I just want to say Steve is the person who introduced me to this work and probably knows it better than and I, so I just wanted to give him a quick opportunity - if there is anything that I've left out, or butchered, that needs to be rectified, please, go ahead and take this opportunity to do that or share.

Steve: No, not really. I think the thing that was important to mention is to have the awareness of your own energy expenditure where Ken was saying taking the opportunity to realize that you should empower yourself to fix issues, not that you'd want to give away that power in expectation that someone else will fix it. I think that is the underscoring of what Ken was using in the parable. So just to be mindful of how to react to your own catalyst I think is the crux of the parable.

Ken: Yea. Are there any questions, or comments or insights?

Girl: This triangle that played out – we play it out an individual plays all these positions...?

Ken: Yea. I was just going to say another thing that he writes about that's interesting when talking about the perspective of the unifiers is being able to look at the people who are the perpetrators who are the serial killers the people who are the rescuers the people who are the victims, and to look at them with compassion knowing that, yes, I absolutely was the same thing. I have gone through this, I have been there so you can't help but have compassion. You don't want to judge because you realize in judging them you are judging yourself because that was you. It is you, yea.

Girl: Yes, I see that in the world of illusion, living out of a consciousness of separation, we play out the victim, and as soon as you play out the victim, because of duality, then you play out the perpetrator and so then to be able to cope with that duality, we create the rescuer. Which is the hero, the rescuer, the martyr... and that is how we deal with it. For example - this is a classic example – of somebody who doesn't feel their value, and becomes a fireman, lets say, and decides to - because they don't feel they are important – they don't feel their value, so they go and they start these fires and then they are the first ones at the scene and then they save the day and so they become the rescuers because they feel the victim, they feel, "I'm not valuable, nobody recognizes me." So then, they go play the perpetrator and make the fire, and then they're the rescuer and they're the ones that discover the fire and they save the day – but we play that out. So we play out all these roles and in fact the concept of the unifier according to the story is, believe in (inaudible) the consciousness of the oneness and we play that out so we play all these roles and in fact the concept of the unifier according to the story is so that we can (inaudible) the consciousness of oneness (ken whispering the story to someone) (some inaudible speaking...) so we step into the consciousness of oneness and we become the unifiers so that we are living out of the higher consciousness of awareness so waking to our true nature as beings as beings of light and love so that all of these – can – literally, we are playing them every day, actually, if we have any slight bit of sense of victim in any situation in which we play these roles every day, in the roles of duality, we play actually all these four roles within ourself each day. Unless we totally move into another dimension. Is that correct? Am I correct?

Ken: I think so. Your perceptions just as valid as mine.

Other commenter: The unifiers are the most interesting people in the story. Does the story offer any sense of what goal then we seek to achieve?

Ken: Yes, he goes on to describe the unifiers as essentially removing themselves from the game board, so to speak, still seeing the value of the game board as the training wheels, and the experience that it provides, but they do less and less – and be more and more. And so in becoming more and more still and being nothing other than themselves realize that that is their goal or their drive so to speak is to do less and to be more and to experience more and more the unity of the one infinite creator.

Other: To lead by example.

Ken: Exactly. To do your thing and let your light shine. Yea...

Another: I think you covered this. But just it's something I'm dealing with a lot. So I'd like to just bring it up again. In the case where if someone's dealing with catalyst or not dealing with catalyst the difference between the triangle, as we were just discussing, the difference in the case where the person who's got an issue asks for help... does that sort of break the triangle down? Because I think it's pretty significant, because if you're asking for help even though it may be someone else who's got information or techniques to give you, you are taking the first step in asking for it – for that. Would you agree with that? Am I right with that? It's just something in my life I'm trying to sort out myself and I think it's significant.

Ken; I'm not sure I understand the question specifically, are you asking like, "Is asking for help a good thing in taking the first step?"

Commenter: Right, yea. And does that take you out of the role of the victim and also whoever you're asking, does it relieve them of the role of rescuer. Is it more of just a symbiotic, helping each other kind of thing in that case?

Ken: Well, my understanding or the way it resonates with me is how you ask and how your request is phrased. And from what perspective your request is coming. If it's coming from a standpoint of "I can't do this, I don't know what to do, I need someone to do this for me", then you would probably be inviting a perpetrator because a perpetrator will be more than happy to tell you what you should be doing. But if you are coming from a standpoint of love and if you are coming from a standpoint of I know that no one can heal me except for me (big bang) but I am just requesting the tools that will help me do that, then I think you are more likely to step outside of the triangle.

Questioner: Okay. Good I like that.

Questioner: Whatever level of consciousness you are when you ask for help – that's the level of help you get. In other words, if you are thinking of yourself very much as a victim and you're asking for help, you are probably going to access someone whos pretty much on the same resonance as you - someone who wants to be very much of a healer, or wants to be very much of a rescuer, but if you are more evolved and you are asking for help, you are going to probably access somebody that's probably gonna say, "look I can help you but you know I'd like to share with you or I'd like to offer you a broader perspective. I know this is what you are asking immediately, but would you consider that there are other possibilities because you know, you have a choice. Then be able to find that way to get across, get to – choose oneness – you know – move beyond just this pattern because I think people find that a lot of people who are healing are really playing the rescuer . So you will find people healing from all levels .... And people are really living out of the ego for it and people are more evolved and more aware so I'm saying, I think I was saying I was very much living out of this sort of level helping people who are helping out with a good heart because I wanted to help people, but I really feel that it has to do with what level of consciously help you are open to and (inaudible) always evolving. You always will keep evolving. Looking for something greater, something higher. But you take what you get.

Ken: Hmm. Jim?

Jim: Yea, your point about listening to someone in the act of rescuing and I don't think having someone express save me or their expressing a humble, "I don't know. You have a suggestion." I don't think in just listening to them – I mean, I think you have to act in order to be the rescuer. In any case its thinking how to be different and the difference is somebody wanting you to do something FOR them. Or they're looking for maybe a maybe a way to do something differently. (beeping) you might want to look at it this way, "you need to do it but its implied." You don't get invested in it. When you start getting invested in them, then you are rescuing and then you get mad.

Other commenter: Isn't it really all about the attitude of the rescuer? There is going to be specialization in the world there's going to be people who know things others don't. And you want to be able to tap into it.

Ken: Well sure. Just to summarize before - I know Gary is quick to move on - but I think this is a good point because its easy to focus on, "Is it this or this or this", but on a bigger picture what this parable or story has reminded me is what its really all about is what you're doing with yourself and its really all about going into yourself and seeing, "It doesn't matter what the rescuers are doing, it doesn't matter what the perpetrators are doing to me, it doesn't matter what the victims are doing, that aren't me – it matters what I'm doing and what kind of reality I am choosing to create so. So rather than focus on what kind of rescuers or perpetrators are coming into my life, I'm focusing on what kind of reality am I creating... when am I choosing to be these. And more specifically, what archetypes am I seeing, is if you really want to go the advanced approach.

Commenter: and be aware what kind of call you are putting out?

Ken: yea:

Announcer: Thank you to Ken wen ! Yea! (clapping)



NATE B. PRESENTS  
*Journey of the Fool*

I'm going to stand up just for my own comfort.

Well this is fun. Basically it's going to, I'm going to roughly try to do this in three parts and then any left over time we'll just be like "What did learn?" "Did I learn anything?"

All this stuff is pretty fun because one of the biggest lessons I had is that reality really does kind of like shape around your expectations. And, that everybody's perception of the experience becomes very subjective matter then. With that in mind, if you have any questions that you really like, something I say is like "Oh that is really strange!" like "why did you do that?", "why did you think that?" Then I will try to explain my subjective perspective in any situation that I bring up.

So, it's kind of beginning at kind of where things started. I was painting the outside of a garage with my brother in Montana on vacation because I'd quite my factory job and I had money saved up. And even though I'd quit it with the intention of beginning a new life. I found myself going on the vacation that I could not go on because I worked at a factory that had limited vacation time. And so here I was out there and this didn't really, it struck me as odd because I'm like "Animals are weird, whatever, they'll do weird things." But for the third day in a row an eagle had landed on the top of a telephone pole, or not an eagle, a hawk. And just kind of sat there for a couple hours just cawing, you know. Every couple minutes he would go "caw!" or do the screech thing they do, and then after a while get bored and leave. And then we would go home, come back and paint some more and it would show up again and just, I'd be like, "It's a desert. Don't hawks like have to work for food or something. Don't you have something better to be doing?" In addition to that, on the way out I was driving out to Salt Lake City and on the road as we were driving along at night, me and a friend that I was bringing out there. He was kind of on his own journey as well because he was going to, I was going to drop him off at Salt Lake City, then he was going to bike to California, or so he thought. But this is my story not his so I'm not going to tell you what happened to him.

So on the road out, right away the first night, a large bird of some sort flies out from the side of the road and smashes into my windshield. And so I've got this really cool looking crack that starts on the left hand side and goes out like that. I had never encountered that so it was strange as well. I'm going, I take him to a really really cool reservation, like a water reservoir I mean in Wyoming. And on the way there I'm, like well I'll take the back road. It's really cool country, really hilly. And I wanted to see things I hadn't seen last time around because I knew that you have this really cool reservoir ringed by mountains basically, large hills. And then where the reservoir goes, it goes into a dam, and then that dam goes into a really really steep gorge. And I'm like "If we come from the back side perhaps we'll get to see a really cool aspect of this." And I can already tell that I'm having too much fun with this and like using up a lot of time.

So, relatively short story shorter...taking these back roads, climbing up a large hill in the middle of a Wyoming desert, a radiator hose on my car blows. And so in the middle of the desert, you know, 100 degree weather or whatnot, my car dumps all of its radiator fluid, over time, not right away, on to the ground. And right as I'm getting to the top of the hill, we're like, oh I hear this weird ticking sound from the car. Possibly the engine, possibly the motor degenerating this much heat. Then I look at my temperature gage and it's redlining. So that had been...my car suffered much for me to kind of start me on this journey and I really appreciate that. It's not an uncommon occurrence, that the machines in our life are willing, very willing, to give us catalyst, kind of push us on our way.

So finally, back to working with my brother, I'm like telling my story to his landlord, and he says "Oh it's like Jonah and the whale. God saying you know, do something do something do something." I'm like "Yeah yeah yeah that's kind of like how I feel." Then my brother's late for work one day and as he's backing up his truck, he's a contractor so he's just working roofing, painting stuff like that, he rips the front bumper off my car. And I'm like "Well, I better get out of here before my car explodes, or a meteor hits it or something like that." So I drive back to Minnesota with the intention of like travelling abroad. Teaching English in another country and kind of the reason I'd chosen that is because prior to that I had spent a lot of money on a coaching program with the intention of like, I'd been working in a factory, this isn't really serving anybody, I want to serve others. So I'm like ok, start my own business, do whatever, do whatever it takes, spend whatever it takes to get there. And I didn't manage to actually accomplish anything with that which is very stressfull but it kind of like put me on the path to where I am now.

So, going back to Minnesota, I immediately, due to circumstances in my life, I like had become very suspicious of anything, like the status quo, I'm like all of a sudden I don't believe anything that has been presented to me as a kid, like from any authority figure. Which feels great, its fun to rebel. And so I'm kind of like browsing the internet looking through all this stuff and of course crop circles leads to David Wilcox, David Wilcox says "Oh you should really check out the RA material because I think it's really cool" and I'm like "Oh, he thinks this is cooler than his own presentation." Why you know spend any more time with that, I immediately go to the RA material. Read through all five books. Remember I quit my job which is awesome and in the space of a week or less then I'm like Oh, reality is as cool as I intuitively thought it was. You know because it's really hard to accept the Kool-Aid of the world here. And so I'm like, life is awesome, I'm proudly a wanderer, I'm like proudly some superstar being bla bla bla. So I'm like ok cool, so like my whole mission takes on a whole new zest, but at the same time I couldn't break myself away from like the comfortable catalysts I had, which was playing video games with friends, having enough money to buy high quality alcohol and like really just relax and chill.

And so, kind of what led me to that was I was kind of doing more dream work and had been getting really interesting dreams like one I was on a giant slide in the sky, because you know where else would you have a giant slide, and it was really like a highway and I would like go down the big slide and there would a big jump and I would sail through the air and it would feel great and then I would see another then I would land right on it and it would happen again but this time I went through like two big skyscrapers and then there was a third one and it just sent my flying off into the distance and when I woke up I was like "Oh that's China", for whatever reason, I had that feeling, and so I'm like ok I've got some direction. But then, a place from Thailand was messaging me, or like sending me, marketing to me, because I had somehow managed to get on their marketing list. And so that really kind of caught my attention and once there it didn't leave. And then as it turned out, the 2012 meme was kind of like, had kind of, gotten itself into my head. And so I looked at a map once and the map was like, as far I was concerned, anywhere else in the world would be fine, would be way more awesome because I'm like, all of the catalyst here in America, I'm done with that. I don't wanna, I've experienced what I can experience here. I wanna get to a better diet, different people, a place where the government isn't the most well-funded, controlled organization in the world and just stuff like that. And so, I ended up picking Thailand because I had looked at a map and the map purportedly said "the polls show these are the places that are going to be above water". Well, all places being equal, whatever, I'll go there. And so I fly out, so then I find of course I get another email, I call them, and they are like "Oh you know this is coming up really quick, 2 weeks we are not sure if you can make it." And I'm like "Whatever, sign me up!" And then like I am like, I didn't like any of my possessions anyway so I call up my cousin and I'm like "Do you want all of my stuff?". And then some of it I sold \$200 worth of it to him and everything else I just got rid of which is just fantastic. If you've never had a chance to let your material possessions lose their control of you, I would highly recommend it because you really don't need much. It's really just the relationship to new life that make life worth living. Anyway, I will move on.

So I got rid of all my stuff, felt great, and then I get on the trip to Thailand. The trip is awesome! You know, in alignment with the whole 2012 David Wilcox stuff. He always focuses a lot of meditation, and good for him for

doing that. Because I was like “Ok I can help the word by meditating.” So like literally any downtime I had I would just go inside and meditate and that’s what I did. I would either be kind of going at it full tilt, or I would be trying to spend time seeking within, so to speak. So I went to Thailand and the course happened right away. I didn’t get any downtime so to speak. But, the very first day there I was like “Oh I want a hat.” And so I go and talk to a guy that doesn’t really speak English and he is like “Oh, you want to go here.” And this puts me on my first cool Thailand experience which was being on a motorcycle taxi and basically the motorcycle taxis there do whatever they want to. There’s very very lax rules and regulations so there taking you on sidewalks in between traffic, you are like trying to bring your knees in so you don’t catch the rear view mirror of a car next to you. It’s a lot of fun if you are into, it’s like, and I’m like, ok five mile roller-coaster ride. I’m done with that.

So I get through the training, it’s two weeks training to become certified to teach English as a second language. So after the two weeks...ok I’m going to bring up one point. Like right at the end there is kind of something strange about the course of people I ended up in because it was all guys except one girl. And to my mind, like teaching English was as a kind of service, a very clear service oriented profession. I thought there would be more women and it was only later that I kind of realized why that was. Because a lot of guys, and this kind of got brought up as a discussion...Thailand is well known as having some of the most feminine expressive women. They express the feminine very very well compared to anywhere else in the world. And so all of these guys were literally there to teach, they had money from somewhere else that was going to make them very attractive because in Asian culture love is very intertwined with money. And they were going to settle down in as much as they could and like kind of, find because you know for whatever reason they felt that this was the place. I was like “Huh!” I had had trouble with, I had a lot of relationship catalyst just due to a lack of relationships so I was like I wouldn’t have come here if I had known that, but now that I’m here, whatever, I’ll make the most of it because then I’m like the whole point of this is like kind of trusting...I haven’t really gone to the fool archetype but as I understand it it’s the beginning of a spiritual journey and then based on the amount of effort that you put into it, spirit will keep like manifesting underneath you to let you go as far as you can sustain your like faith in it, essentially. And so I think I probably won’t get out of Thailand, but there’s enough there to kind of embody the archetype I think

So, you know I’m like ok I’m here. Whatever it’s for the best, everything’s perfect. And along with that, I had, for intuitive reasons, combined with auditory hallucinations...one night felt like I was going to meet somebody special and what happened then was due to that I went out with the rest of the group, to the red light district of Thailand. And there we went to various, I wouldn’t call it a brother, basically it was a quasi-strip club but, you know, it was just a really difficult place. I’ve never really resonated with strict red ray seeking and so for me you know like “that’s really attractive body”, then you look up at the face they are not having fun, it’s hard for me to really enjoy it this much and so like I really had an interesting experience there.

At the time I was very in my heart space, so I was like aright radiate love, this is a weird situation, but I’m sure people need love here. And so left that, moved on, moved on, and then finally right at the end of the night I was like “Oh well not going to meet anybody that’s fine but I’ll give it one more chance.”. And one of my friends there, that I met, whose like you know “Whatever, we’ll go back to the bar and see whose there” and so there’s two girls left in the bar that aren’t like over the age of 40 or 50 and so we sit down next to them and he’s like “Hey, you want me to introduce you to them?” And so he starts up a conversation he’s clearly very good at this. And then is like’ “Oh yeah bla bla bla, I want you to meet my friend” and puts me next to the more attractive one and then kind of distracts the other one. And I was like “Wow that’s really cool.” And so then I find out that it’s really fun just to talk to a girl because like I had worked at a factory for three and a half years and before that had a lot of tension in regards to interacting with the opposite sex. And so like just kind of relaxing into that was so nice and you know, of course it turned out that she was what you would call a bar girl, or a freelance prostitute. And I’m like, I’m enjoying this so much I will put my morals aside for \$30. The going price was \$60 and so I’m like “ok whatever.” And so she came home and it was so interesting because for me what I wanted to do was talk and like get to know here and then it was like I didn’t want to have sex, I wanted to just like explore

her and she's like "No no no it's go time." And I'm like "Alright whatever." And so, like I had an experience. It wasn't a good one for me but like that night I had a very...like...just...from the idea that like there is still an energy transfer at a very very spiritual like sleeping time. And then also, I really enjoyed cuddling next to someone all night because I had never done that.

And so like this person that entered my life, and she was luckily she was one of the most well-meaning people that I could have met because she definitely sensed my naiveté about life in Thailand, because otherwise I could have easily ended up with someone that would have happily taken all of my access to money. So that was very lucky for me. So anyway everything you know I was like "Oh this is a cool person" or whatever and things just didn't work. Alright that's cool too, so I went up to Chiang Mai because that kind of the area that I had always envisioned because Bangkok is all concrete jungle. You have a lot of skyscrapers. I love the energy of cities, like the activity of people energizes me and just seeing that many people that I don't know is exciting because I just love meeting new people.

And so I go up to Chiang Mai and there I find one place that I applied to and it's just an English teaching job. They didn't like me because I didn't have a four year degree, I only had a two year degree in the states and right away after that I get an email saying "Oh hey, we saw your application. Come back to Bangkok. We are by the largest park, we're a five star hotel. And I'm like "Yes!" It's coming through! I'm going to have a really cool job and a little bit more money and so I go back to Bangkok and so I interview, the interview goes great. They are like "Oh yeah, you are like better than all the other people. We kind of want to get a Thai person in this job but whatever you will fit the bill. But you have to wait until the end of the month to do that." And it was about December, probably December 10th or so, so still early in December. And I'm like "Ok, I will wait because I think that I feel that I will get the job if this is meant to be...because it was better than the last think I had." And so I wait and wait and wait and during that time I'm basically getting kind of a whirlwind training on all of the aspects of my life that had been holding me back but I didn't realize it.

I always as a kid I, like, wanted to meet everybody that I met but I had kind of suppressed that and had so much difficulty with that from high school experiences and stuff like that, that part of my life atrophied. And working in a factory, that shifts from day to night and what part of the week you are working on, that just kind of like completely killed my social life until I would be talking to me and be like "blagh!" stumbling over words and thinking that's so weird. You like lose the ability to talk if you don't talk? And so it was definitely good to get out of there. But in Thailand every single person that is aw that wasn't clearly Asian or Thai, because I was actually able to differentiate between Japanese Pilipino and Chinese after a little bit of time there, they would probably speak English, they would probably have an incredible story, they would be like "you know bla bla bla I'm from Hong Kong we are just contractors there. We have just spent the last 9 months flying around the world. We just came from New Zealand there's the best bungee jumping there."

And so everyone that I talked to would have a completely different story and a different reason why they are there. And so...kind of that...knowing that in the back of my mind, I was finally able to just go up to anybody and be like "Hey! What's up?", you know like "What's going on?" you know like "How do you feel about this?", "Do you feel like people are really excited about this 2012 thing, do you feel like the world is going in a better place?" And like have these open...I'd be completely open with these people and be able to speak exactly what was true for me and they would, you know, like it was always a positive interaction because nobody was ever like "Your crazy!", "What are you talking about?" you know like "Get out of here!" and so that never happened. It never manifested for me so I had a really cool experience and I'm going to finish up Thailand because it's an interesting, what happens when I get back.

Basically I stayed in Thailand until January 10<sup>th</sup> or so because I had, while waiting for the hotel job I learned you make a lot more money if you teach, if you just teach freelance. I found out where the colleges were and then I even went to a museum and talked to the lady there and she was like oh whatever you can use my museum space

to hold classes and do this and then she's like "Oh you can use my museum space to hold classes and do this." And I was like "I really thought Thailand would be more spiritual" and she was like "Oh, you need to go to this temple." And I learned a really cool method of meditation that I would be willing to teach anybody, but that's not a very good sell.

And finally like due to...like right at the end I was kind of like getting good feel, I really felt the soul of Thailand and what they were struggling with. And interestingly enough, what I had been struggling with for most of my life really resonated with that so I'm like ok, so like, through this process of healing myself I'll be able to help the Thai people heal themselves. And then like a recurring dream happened that I'd had since childhood. And to me it meant, "Oh, whatever, if you try and do this you will fail in Thailand so you need to go back to the US." And part of the impetus for that was in Thailand, no foreigner can own land or business or anything. You can just have money. And so I was like, ok, I can see how trying to start a business in Thailand would be difficult. I should go back and kind of like start there and move it back over to Thailand. So I go back, go to South Korea for two weeks, because I had a friend there and just had to have a vacation after working so hard on like going through all of these, all this catalyst of process. I needed like a little bit of cool down time. And so I go back to South Korea and visit with my friend for 2 weeks and kind of, he was living the life that I thought would be perfect. Or one of the ideal lives. He is a sports broadcaster for video games. Because in South Korea they are better at video games than anyone else in the world. And so they will broadcast that out to the rest of the world. And so like how you have football announcers talking, he would do that only for video games. And so, but South Korea was such a completely different environment from Thailand. It's a very interesting contrast.

But anyways so I get back to the US. I stay with my cousin. He's you know according to a past life regression, I've worked with him and we are extremely close as brothers and we often refer to each other as brothers of different mothers or whatnot and we're closer to each other in a lot of ways than are actual brothers. So he is very open to everything I'd gone through. I'm still very much a staunch Christian, and everything that you are saying is really really out there, but whatever, I'll accept you, I'll accept you unconditionally. And then finally my grandma was dying and so I was like "Oh I need to go back to home" because, you know, like I felt like the call. And so I go home and my parents are much less accepting of all of this than my cousin was. And they start, you know, I'm dependent on them because at this point I've run out of money and they are paying for the credit card bills that I had accrued trying to learn with the coaching thing, learning how to help others. And so I felt dependent. I felt like I owed them, and so because of that over the course of 2 or 3 months I like readopted a lot of the freedoms of like living that I had picked up, and kind of felt the idea of love being used to control, or like the idea of love, well everything is love so like love through control, love through family ties, through very loving ties.

And during that process like all of the personal growth that I experienced just kind of went, kind of crashed down on me and I had like crazy experiences going through that because when you have...when things are happening in your energy body that are completely destroying your ability to interact in real life because you literally have gone from being like the healthiest of people to not having the energy to talk or to get up off a couch. You're like "uuhhh" I just feel like death inside I'm just going to lay here. You know it really kind of moves you to take the spiritual a lot more seriously. And to learn wisdom as well. And so about this time my fools journey was running out of steam.

And so what happened next was like a great process of releasing all of the like the next four months after that was just a great process of releasing all of the preconceived notions of who I thought I wanted to be, what I needed to do egotistically to help others, like, you know, like you have people in the world that are very very out there, Joe Vitale is probably one of the best known, "The man on fire," because he's out there and selling spiritual products and it's like yeah this is how you help people, this is like whatever this is going to become because it's 2012 and the world is going to be great and so I kind of gave that up. I gave up basically all of my dreams, everything I had

kind of like accumulated and then finally I was left with who are you after everything you thought you wanted is kind of like, you realize that you have no control over bringing that into your life.

And what ended up happening then was very like deliberate rebuilding of like and healing of the chakras. So first I got a job, and then second, you know, it was like this whole crisis of loving myself despite not being able to accomplish any of the things or even part of my personal growth in Thailand was because I had the cool life that I always dreamed of. I was the international traveler. I wasn't the boring kid that lived in the same town his entire life and you know just escaped and comes back all the time. I loved myself because I thought I was really cool. And so what happens when you lose the foundation for so much of the growth and the progress you've made and what I found was all you can do is just accept yourself. Any other path, it just leads you further into wasting time and not processing catalyst. And so I was just rigorously accepting every part of myself that would essentially bring the light.

And then finally, and now I'm at the point where based on my travels, I know exactly who it is I like hanging out with. I know that the people that are most...will help anybody along most of their spiritual development are open minded people, that respect your free will, give you advice when asked, (and if there really concerned about you advice when not asked). But they are willing to accept any catalyst that you desire to bring into your life. But anything that you want to experience is out of free will necessary for it to lesson that you've chosen to learn. And here on earth there is many many extracurricular lessons that we can pick up and it's so important to kind of have people around you that will do that. So now I like to call it, people ask me what I'm doing for a job, or what I'm doing I guess in life and I say "I'm must building around me the coolest group of people that I can find where I'm at".

And it's going pretty well and I'd love to tell you about all the friends I've made since then but it was really just kind of like a breaking away of everything that I had kind of come to deal with and the one part that I didn't kind of go over but I am out of time...was one of the things that I ended up doing was kind of like coming clean with all of my family just being like, your Christian, that's cool, you are choosing to do that I and think that's awesome. You are going to learn very valuable lessons from anything that you choose. But for me I am just not a Christian and I need to find non-Christian friends, people, anybody else, just so that I can feel free from the "I'm trying to control you because I love you" thing. So that was my trip to Thailand and back in a nutshell. Thank you very much for listening.

DON C. PRESENTS

*Was it Real?*

Gary: Don's presentation will be "Was It Real."

Don: This is the first time Sylvia and I have attended any meeting ever of this group, and I want to say how much we enjoy sharing this time with you.

[inaudible] I'll just speak a little louder.

I just wanted to say that this is our first time meeting with this group ever anywhere and we very much appreciate the welcome we received. I've enjoyed hearing people speak. I especially enjoy the openness of mind that I find among you and the seeking attitude. It's most unusual, I'm sure you know, to find every member of a group this size that has those qualities. But I'm not surprised to find it in this group. After all, that's probably why we're all here.

I want to share with you an experience I had when I was a very young child. And I'd like to share it not because of any focus on me because I don't want to focus on me. I would emphasize that this experience could have happened to anyone. You could have had this experience. I happen to have had it and it was terribly meaningful. I think there are things in my experience that may be of use to others and that's why I want to share it. This is the second time in my life when I have shared this in a public way because it is so intensely private that I simply don't share it much.

The first time was when I was invited to write it down or submit it in a way that can be published in the quarterly newsletter of the International Association for Near-Death Studies. I've been a member of IANDS for many years and I highly recommend it to you. Anyone with an absolutely open mind and a questioning attitude will find a great deal of meat in the findings that are published and posted by the International Association for Near-Death Studies, [iands.org](http://iands.org). If you don't already know them, please get to do so.

And in that vein, I'll now share with you what I wrote and sent them, just the same way. I'm going to read it for the very good reason that I write a lot more thoughtfully than I speak. If I do extemporaneous speaking, I'll forget or leave out things that are important and so because I think what I have to say is sufficiently important, at least to me and potentially to others, that I'm going to read it. So I'd better put on my glasses.

This writing is my memory of an early childhood experience. Over seven decades I rarely shared it. I was encouraged to share it again when my wife and I reported to a local group about the 2006 IANDS conference. One of the more dramatic conference presentations was by a young man whose paranormal experience occurred when he was perfectly healthy and wide awake just like mine. This memory of a wide-awake inside-my-head experience at about age 3 or 4 has profoundly affected my life. I finally wrote it down in my early 20s because I feared the memory might fade and seemed so precious to risk losing or becoming blurred. Now in my 70s, I doubt such risk ever existed because the memory remains as crisp as ever.

My 20-something perspective couched it in terms of religion. I think I originally called it "How I Got Religion Behind My Mother's Couch." But I dropped that term because I find it unhelpful and I generally replaced it with the word spirituality, as most of you have. The original writing is edited here only for brevity, omitting nothing of substance.

I got religion behind my mother's couch when I was about 3 or 4 years of age. I was at that stage when a child likes to sit on the floor examining things. I recall awareness of my own pudgy legs which so easily bent 90 degrees from the vertical at that age. They certainly don't do it now. I still recall my self-awareness of being very young. I

had imagination, I enjoyed exercising it. Some of my thoughts and images were probably carried home from church, the weekly social event of note in our prairie life. One concept I carried home was heaven, a desirable place repeatedly existing somewhere. Another was spirit, whatever that meant.

So there I sat behind my mother's couch. The experience began when I glanced up and I saw faces coming at me. All in a row from the upper right, one behind the other, just faces, no complete heads, no bodies. I somehow knew or imagined that these were spirits and they were observing me. I knew I was of special interest to them because I was part of an experiment sent here for a purpose. I just knew that. The purpose seemed to be to help the spirits experience real-time observation of a moral world through my eyes and my other senses. They wished to observe my particular mental perceptions of the things that my senses experience.

My perceptions were one of the things they were most interested in. What I and my sister both recognized as blue, does it appear to her as what I would call green? I don't know why they wanted to observe my thoughts, but I felt sure that their observations were very important to me as well as to them. To accomplish this, they had to enter my mind, as they were now doing one at a time. Their entry did not displace me; we coexisted mentally, each spirit and me, for a fleeting brief instant. That was all the time that was required, I somehow knew, for a spirit to enter, assimilate the whole of my mind, memory, and reasoning, experience the entirety of my sensory impressions throughout my entire short young life, and move back out into its own realm.

I seem to have a piece of writing missing here so I'm going to have to extemporaneous it whether I wanted to or not.

As each spirit entered my mind, assimilated everything that was there, and moved on out, I naturally had questions. What is this? What's going on? Because I was very young, I really think I was about 3 because I was so pudgy, I had questions. What is this going on? And I would think a question and zap! I'd get the answer into my head. Nothing was said, nothing was spoken. If there is such a thing as telepathy, that is exactly what I experienced because it was all in the mind. And I was asked, what is going on?

I'm still trying to figure out what I have here.

It was explained to me that they wanted to know what I was experiencing and how I experienced the things that I encountered in this young life. They were especially interested in how I would interpret things. They, I asked, why do you want to know this? In so many words, or I thought that question. And the thought answer that came back to me was, you are part of a great experiment. And what you as a participant in this experience, what you think and what is in your mind is of very much interest to us. I said, well, are there others like me who are having this experience too? Yes, there are, came the answer. And there are relatively few of you which are scattered all over the Earth. And very few of you have ever become aware of us as you are now. Just a few.

I thought that was pretty odd. It made me feel kind of special. How did I become aware of this and others didn't? But I still have a child's view of this, an unsophisticated view, and what happened during this experience was a level of sophistication that rivals much of what I now think, after having thought about it for 76 years, I'm amazed at how little the perspective has changed from then 'til now about what was important.

Having established that the other people were having this experience in this experiment, whatever the experiment was, I moved on to, well, am I being controlled? I feel like if you're coming in to look at what's inside my head which feels very private to me, then I feel like I'm kind of an actor on a stage. No, you're not. We can do this anywhere with anyone but you're the only one we're doing it with now. You and the others in the experiment.

Will you always do this? Yes, as long as you're alive, until you're old and die, we will come into your mind and we will experience what you're experiencing. They further explained that there will be certain situations arranged



for you to encounter during your life. And we will be especially interested to see how you respond, how you decide, how you choose of your free will during these special situations. Especially when you don't know what's right or wrong, that is of great interest to us. That didn't have so much meaning to me at the time. I remembered and it has great meaning to me now.

Well, I think I've covered the main points that were on that lost page that I somehow don't have with me.

Even then, there were so many of these things. There were zillions of them coming at me at something like the speed of light and they were just in a long line. They would go through the head, they go out on this side. And I emphasize that it seemed like zillions. It seemed infinite. And even during a whole lifetime, I somehow knew that only a fraction of that vast host would have come through and experienced me because they were so great in numbers.

If I may drop in a little side thought, that vastness in number of spirits in whatever the realm of spirits may be, is something that I've seen confirmed numerous times in the reports that are brought back to us by near-death experiencers. People that experience a clinical death and were definitely dead until modern technology got lucky enough to bring them back. And many of them, some of them, bring back reports and among the many important, interesting things that they report is that there are zillions of spirits in a place that is really, really big.

I can return now to my reading because I'm back on track.

All this I somehow just knew. To this day I clearly remember that feeling of marvelling at what I was experiencing. As I saw these spirit faces approaching from my upper right and departing from my upper left, I remember wondering what was going on, what it meant, each time my mind brought up a question I felt their answer instantly coming back to me. You'll probably never meet any of the other people in these experiences, they told me, they are few and far between on the Earth. Does this mean that I and the others are more important than other people? No, you're just serving this particular purpose. What sets you a little apart from the rest. Other than that, you're no different than other people. Everybody experiences the same things you do through their own ears, eyes, taste, touch, and smell but they're not being observed. Most of those in the experiment aren't even aware that they are being observed, you are one of the very few that perceives it.

How long will this last? All your life. Will you be controlling me? No, you have free will. Your choices and actions are your own. You're in no way controlled. In a way you're more like an actor on a stage, we're the audience. The situations you will encounter are arranged. How you respond to each one is up to you. Are you in there right now, I mean any one of you? Since a few hundred of you must've flew through just while I was asking this? Yes we are here now as we have always been and will be, but you can have no conscious awareness of us as we go through, only we of you. Do not fear. We hold no harm for you, only goodwill. We love you. You, little spirit, are one of us but you may not speak to us nor understand why you have this purpose until your life has been lived out and you join us.

I will stop and tell you that those lines right there are always the most difficult for me to get out. I almost can't do it. And then the experience ended. I cannot say if it lasted seconds or minutes, for my sense of time was somehow suspended while it was happening. Now when I passed this in to IANDES, they said they wanted to print just that much and no more. And I said no. The importance of the thing is more than just the story. The importance is in the interpretation of it and its relevance to me and if you can't print all of it, don't print any of it. So I won. They printed it. And the rest of it is not too long. It's all reflections from my senior years.

That last message still has power to moisten my eyes. I don't know why. I have spent my life wondering if I created this spiritual scenario out of an overactive childish imagination. Or if it was real. Unlike people who've had an NDE, I can never be certain. I ask myself, did I honestly have such a profoundly spiritual experience?

Then common sense asks me, how in the world could a young child barely past toddler stage imagine such a deeply philosophical scenario as the memory that I hold for that occasion? Even in my 20s when I wrote down the experience, I was far from beginning to develop the sophisticated metaphysical and spiritual concepts that I would deal with in later life.

What I find most interesting is the answer doesn't really matter. The experience affected my life profoundly. And that I believe is that, regardless of its true nature. To be honest with myself, I confess preferring that it was genuine. I don't want it merely to have been made up by my imagination. This preference conflicts with my scientific inclination. I am strongly drawn to the wonder-filled open-mindedness of true scientific exploration. Though I've grown skeptical that scientific method is adequate to explore NDEs or human consciousness in its breadth. And I'm skeptical of my own memory. It seems ludicrous that all-knowing spirits would need to conduct an experiment of any kind.

The tug between my equally strong scientific and spiritual leanings graphs like an ascending curve over my lifetime, abetted by my reading everything in sight that dealt with unexplained phenomena, natural or otherwise, and I assure the doubtful there are a lot of unexplained things out there in this world that we think we know so well. The curve has sharply ascended over the last 20-25 years, with my increasing focus on the interface of science and spirituality which I now think are but variant aspects of one and the same thing.

I am irresistibly drawn to questions such as the nature of consciousness and human purpose. I am thankful to discover contemporary explorers of quantum mechanics and cosmology and have come to regard evolution as a cosmo-bio-psycho-spiritual continuum that yet has a long long way indeed to go. I love comparing the writings of contemporary scientists, theologians, and philosophers, noting how these good thinkers react to each other's thoughts about existence and reality, whatever reality really is.

Relatively few people seem to view near-death and NDE life experiences as a vital key to understanding the deep linkage between science and spirit. But it seems obvious to me that both scientific and spiritual urges are profoundly essential to the human psyche. And the deeper understanding of their interface is an important step that has not yet been taken in the upward evolution of humanity. And let me note that you can't read about evolution and Darwinism without noticing the emergence of an upward trend, and it is upward.

I could go on but I shall stop here with the observation that I believe I've learned a few things, however dimly, through a lifetime of seeking that began with those faces. Having pondered over an absolute mountain of empirical evidence about unexplained phenomena accumulated over the past century and more, I think I've learned that love is the most important thing in mortal existence, that each of us has a purpose for our existence, and that purpose has to be with helping others.

Let me drop in a side line that helping others is primary, and that attaining knowledge is secondary. It's extremely important but it's also ranked. Helping others is first, acquiring knowledge is right behind it, and we acquire knowledge so that we can turn it into wisdom, so that we can turn it into understanding and turn that into wisdom in order to better help others, which is the primary.

That scientific exploration is really an attitude which eschews bias and is truly open to seeking knowledge, truth, and wisdom. That consciousness almost certainly is infinite, immortal, and absolutely not confined within the human brain, regardless of the entire direction of modern neuroscience. I think they're nuts. They haven't got there yet. That the place where consciousness resides after mortal death is not over there somewhere, but is probably right here right now, inaccessible to our sensory apparatus because all things, times, and places in the infinite creation are in truth one unified thing. I further think we have deep responsibility to care for these mortal bodies while we reside in them and to stop damaging the world environment in which we're privileged to reside.

I think I was helped to arrive at these worthy views by the unexplainable experience I had at about age 3. Whether it was genuinely spiritual or otherwise. Because of it, I have spent decades in reading and searching that I doubt would have occurred without it. It troubles me that I will never be sure whether it was real but I uniquely see faces in everything: in clouds, tree leaves, curtains, grass, marble floors, wallpaper. Sylvia thinks I'm a little strange in this.

Folks who have undergone say they know it's reality beyond doubt. But their certainty cannot be shared by others who lack comparable first-person experience. Those who don't and cannot know can only believe based on faith and I'm dissatisfied with this, so I continue to advocate for a fresh, innovative, and proactive approach to near-death experience research methods, devised by collaborating scientists, theologians, and philosophers under an IANDS initiative. To produce findings that cannot be ignored by the broad scientific community. And bring those dramatic findings to the full notice of this warring, troubled world. I don't know what that new method may be, but I have faith it will be found and will eliminate doubt about our spiritual destiny among skeptical humanity.

That's my story. If there happens to be anything in it that might be of use to you, then I share it happily and I hope to be something there that you find worthwhile. There's 50/50 odds here you either will or you won't and 50/50 odds are good enough for me, that made it worth sharing. Thank you for listening. [applause]

DON C. PRESENTS  
*'Energy Centers', Diagnosing with a Pendant*

**Announcer:** At the moment, We have Sam Wilmersdorf. Who will speak on Pendants, Healing with Pendants, Diagnosing with Pendants. That's the basics. Another note, is that, on our curriculum we're on page 2 – It's behind the top page, switch it out. Alright, we will now give our full attention to Sam.

**Sam:** Cool! Hello. So, The first thing I want to say is no cameras please. (*laughter*) That's a total joke! I deserve it. Now, Thank you everyone for your patience with all the annoying pictures I've – taken.

*(Microphone check, audience request photo)*

**Sam:** Have it, I deserve it. (*Audience banter*) The first thing I want to say, is that, I kinda want to get this out. I don't really feel qualified to present on this topic, as I just want to use this time for the group to maybe give it some thought. And we can call on each other. It seems like we're rich in experience and wisdom and this, what I'm suggesting we talk about, is dowsing energy centers with pendulums.

So, It's in the law of one, It's pretty brief, but it caught my attention. And I thought it might be fun to sorta 'workshop-it' together. Just to get us started, I'm going to share my own limited experience which was – I first did this maybe just a month ago with my fiance. We dowsed each other, and before I share that, I'll just say – Ross says there's great art and use of the swung crystal. This – This little passage came out of a response to Don. He was asking about healing with crystals. Ross sorta suggested that it was a tough experience – Tough things to do maybe with-out a lot of experience, and they suggested there's great art and use of the swung crystal.

And then they further went on to say – In this practice – that unpowerful crystals, were any danging weight with symmetrical form could be used. So, what you do is just – My Fiance and I, we laid down on the couch – And we can do it right here on the grass if anyone is interested, I brought blankets – And Patiently, as still as you can, hold the crystal over the energy centers, and a rotating motion indicates an open energy center. The pendulum swinging, back and forth a little bit, indicates partial blockage. And if it's just Still, it indicates almost complete blockage. Then a big swinging back and forth indicates an over-active center. So, when we did this, I found it really useful because the results made total sense in retrospect. But going into it I was kinda of thinking: “I feel like a blue-ray blockage and that'll be interesting to see if that was the case.” My Blue ray at that time; was actually open, but I had a partial yellow ray blockage, which was totally a blind spot to me.

In my meditations, when I sit down to meditate, I just go through all the energy centers and image them opening. And again, in retrospect, when I would get to the yellow ray, I would almost go right over it. “Things are good with my daughter and fiance, no problems at work” and that was that. I just went right over it. So this dowsing practice was really use in opening up that blind spot to me. And letting me know that I have some work to do in that regard. So, I did have other blockages to -

And then, just a little bit more to share in my experience. Just before coming up, I went back and had my fiance check me out again. The yellow ray had opened up, and there was a partial blockage in the orange ray. This to me says that the practice is not so much a diagnoses of were you are in your whole incarnation or anything. For me this period was two weeks, so, these could be changing conditions relatively rapidly. I thought that was interesting. So I'm just going to move along and try to get to the part were the group can have some input.

It did raise some questions too, but really quickly, I want to offer anyone the opportunity to correct me - and this practice. For instance, one question that I already read, says: “It seems like the energy flow is sort of sequential through the chakras. and if in the case of my partner she was experiencing at that time, say, a red ray blockage –

but her heart center indicated as being open?" So, I don't know exactly how that works. That is the first question I'm going to pose to the group. (*points to audience*) Go ahead

**Participant 1:** The energy from earth environment and all that, it comes into the room, and transmutes in the centers, right? And the fact is, there is also energy coming in from above, coming down from above, into the center as well. There is the fact that a partial blockage especially means that there is still energy moving through the center, right? It's just not as high of a vibration. It's being 'stepped down' by the blockage. So, the heart center could still be perfectly open in it's on configuration, and receiving energy from both up and down, because of that. And so, more likely to happen from a blockage isn't necessarily: "Oh the rest will just not receive any energy. That the other energy centers will have to compensate or equalize" With a blockage, in whatever sense. You know what I mean?

**Sam:** Yeah, That's a great explanation, Thank you.

That goes in my own experience too, My pineal gland energy center was over activated, and so, that might have been compensating, or could have been a result from like, Marijuana use for instance. Which I haven't used it for two weeks prior to being tested again and it was very open. So, This technique and using some reflection and maybe making adjustments to your life could be very useful. That's mostly what I wanted to present and I would also like to present the opportunity – I brought a couple of pendants and some blankets if anyone is interested in doing it – That's fine – I can total get that people don't want to be advertised here -

*Multiple members of the Audience volunteer*

**Participant 1:** I assume, that in order for this to work, a living being has to hold it.

**Sam:** Oh! That's a great question -

**Participant 1:** For example, If I were to wiggle my arm-pit, I influence – Well could I use like a little support? And just put the support over the person? I have a hunch that, life interacts with it. Therefore I think someone has to hold it. I don't know -

**Sam:** Thank you for bringing that up, because I had the same question myself. The purpose of this little talk, I tested that. I had a stand were I could dangle the pendulum over myself, and interestingly it did move! But it was extremely subtle. So to me, maybe it's what I was looking for, but It confirmed that yeah – the process works in picking up this energy. But I agree with what your saying. Having the other individual amplifies the movement to a point were you can read it.

That also brings up another point I wanted to say; I think this is an exerciser in faith. It's maybe not so much a scientific thing and if it seems to someone: "you know, how does that work?" or "It's just someone moving the pendant" Then just don't do it. But I feel like, if you just put your faith into, put some faith into it, you'll get a result, as I did, which was actionable and pretty useful.

**Sam:** Who would like to hold the pendulums? I do have three. I also – Let's just do this, I'm going to say one other thing: I asked beatrix because she has experience in the pendulum to help out if there wern't any volunteers. So would you be one person to hold the pendulum?

**Participant 2:** Yeah, I have a question about what is happening. My understanding is that if you have, issues, which we all have, just issues. If we're kind of in the root chakra, and we may have a developed some-what beyond that, but if we're kind stuck in the root chakra, then we may be expressing ourselves in the second ray and the third, and even the heart, but – yeah – not necessarily balanced, it would be more on the negative side –

out of balance. And so, what kind of fling would that have? Is that what you would call 'blocked?' Or was it you refer to as 'blocked' -

**Sam:** In the little passage in the Ra material, there is one sentence that says 'Blocked' or 'Unbalanced'. So those terms are some-what interchangeable. In prefacing the whole practice, they say there is great art in it. So, I don't have a lot of specific answers, so I assume it's something you can practice for a long time and still have discovery that way.

**Participant 2:** Right. Because it seems to me, that even if we are blocked – let's say that we are stuck in the root chakra. So we're manifesting more of the unbalanced aspect of the Orange Ray, and maybe the Yellow Ray, But actually we may be people who are very artistic – so it may be just our nature that we kind of express ourselves more from the heart. So, that may be more active, but the others not so active?

**Sam:** Yeah, in the case of my fiance, that was the case. She's very sensitive and very balanced and artistic person. The time we did it, there was blockages. Partial or Complete in the lower Chakras, but her heart center was still open. So, Yeah, there's that. Plus there's what you said (*points to first questioner*) – There's energy streaming in both ways and then, finally, I would say that the whole practice – has go to depend, in my estimation, a little bit on what you put into it. If you're just trying to get a general idea like: “Maybe what sort of my life can I give more attention to or a little more introspection to”. Or maybe you think your, as was the case of me, I thought I was doing a good job, I was like: “Okay, I'm really looking at all of these energy centers and how they might manifest in my life.” But there was a blind spot – as I said, in the yellow ray at that time I was destined. So, That sort of addresses it. Was there any other questions?

**Participant 3:** I came across dowsing also, When I did it when I was younger. I used to find water and stuff. And then I found out about the crystal pendulum. In that, I discovered that people will do this to contact the higher self aswell.

**Sam:** Yeah

**Participant 3:** So I know you were familiar with that -

**Sam:** I am, you can do it and get yes or no questions – there's all sorts of things, and I'm just limiting it, the practice, to this.

**Participant 3:** Is that in the Ra material? Were they find the energy centers -

**Sam:** I don't believe – This energy center practice is, yes – As far as the other stuff, the other use of the pendulum, I don't think so. Did you have a question Rosemary?

**Rosemary:** Not really, I just wanted you to hold up the Pendulum -

**Sam:** Oh! Here's the pendulum that I brought – 1 is a quartz crystal. Ross says that there are very clear. We're not manipulating the energy centers with this practice or interfering with them, it's strictly diagnostic.

**Rosemary:** Could you rig one up yourself? If you had some sort of pointy crystal?

**Sam:** Yeah! Any -

**Participant 4:** I've made my own -

**Rosemary:** Out of what crystal?

**Sam, Participant(s):** Out of any Symmetrical object

**Rosemary:** Ah, Okay

**Sam:** So, Who – Would anyone like to – would you like to do it? (*Audience banter*) Would anyone else like to do it?

**Participant 3:** Could I express another thought?

**Sam:** Sure!

**Participant 3:** Actually, I am completely ignorant. I mean, of what I'm talking about. (*chuckle*)

**Sam:** That makes two of us, my friend.

**Participant 3:** This is a 'what-if' – I'm trying to understand from the point of view of what's happening, Okay, So obviously there's energy coming from some-where to give you the information. There-fore, I think since your asking for energy, you want to ask for energy from, a service to other, or a positive perspective. I want energy that tells the truth and to not be deceived. For example – The wedgie board. They work, But that's not a good plan.

**Sam:** That's a good point too -

**Participant 3:** Because your going to get all sorts of negative energy responses there.

**Sam:** Yeah, Just to respond to that -

**Participant 3:** Is there something you can do to have a higher probability of getting the 'right' answer?

**Sam:** Not in the Ra material. But I would say – Go ahead (*points to member of the audience*)

**Participant 5:** Wear Garlic

**Participant 6:** I was going to comment that, there's really no asking involved in this particular case. The way the energy centers work – They spin -

**Participant 3:** So you're simply asking: “Is it open, or is it closed?”

**Participant 6:** You don't have to ask. The energy centers spin -

**Participant 3:** You're observing

**Sam:** Observing, Yeah. But I just want to say that, I felt like a little bit of tuning was a good idea. And the person I work with obviously, my fiance, we're extremely close. So I felt very comfortable with her and I don't see how that could be a bad thing. Also, here, in the middle of the second day, I feel like we're pretty well tuned with each other and have a good energy about us.

**Participant 7:** With that said, I think you right about – I haven't worked with a pendulum in years, and I know that – You have a very very good point. The person that is using the pendulum needs to be aligned with the higher self and it's like, you have to be so surrendered and so detached from the out-come. In other words, if you

think: "Oh this person is very hard test taker – They're probably going to have a very strong – very open heart chakra". And in fact, that's what you'll get. Or you'll think: "Man, I've just been with this person this weekend and they've really taken up residence in the root chakra" - That's all I'm going to read! It's how we think about anything. We inform the pendulum. It is true that, the person that does the reading has to be totally surrendered, has no opinion, and does have the objective to be the reading of this person. Also, even the person that is being read – if they're afraid that; they're going to be stuck in the root chakra, that's what everybody here in the room is going to find out, that they're stuck in the root chakra, then they're going to cause a reading of the root chakra. That is exactly what's going to show up.

So our feelings about anything, and our opinions and beliefs, do effect the reading. You know we just kind of be, very surrendered and clear. And I think the point to make about that is very important. Anyway, it's a good time to have a such presentation. Because by this point, we've all got our defenses down and we all know everything, practically – about everybody else hear. We're very relaxed with each other, so we don't have a lot of shields up. So we're very trusting. It is very easy to get a clear reading.

**Sam:** Good! With that said, I don't feel like conversation needs to stop. But let's go ahead and start the working of this. I think, probably having a chair next to it will be most comfortable for the person.

*(Audience movement, inaudible conversation continues.)*

*(After having been asked a question about the application)* **Sam:** Yes, be sure to make it as still as possible. I will say that I think my fiance and I, we started at the root and moved up. Also, oh my goodness, I'm sorry, could I just stop – There's one other thing that was suppose to precede this; The person who's being dowsed holds it themselves over their hands to determine what their bias is.

**Participant 5:** Weather it goes Left or Right?

**Sam:** Yeah, weather it goes left or right. So, I apologize for missing that.

*(Multiple audience members talk simultaneously)*

**Sam:** Lynn should hold it over her own hand, To see what the bias is. And I think that might give you an indication also, of -

**Lynn:** I'm not sure what you mean by biased.

**Sam:** So yours is having it clock-wise -

**Participant 3:** Is it palm up?

**Sam:** I think it's palm up.

**Participant 5:** Your left hand gives energy, and your right hand takes

*(Audience banter)*

**Participant 8:** Is it? I thought the right hand gave energy -

**Sam:** So you have a clock-wise bias



**Lynn:** What does that mean?

**Sam:** It means that – Clock-wise would indicate an opening. But it is a little confusing in the material, too. It just says circular motion is open.

*(Audience speaks over each other)*

**Participant 5:** I thought the bottom three went one direction, and then it switches at the heart?

**Lynn:** Yeah, what does it mean when it switches direction at the heart? Does that mean that it's incorrect? One is going counter-clockwise

*(Audience conversation)*

**Sam:** Just to clarify, you'll have to use your own intuition. But what's in the material is: "A circle motion means open.

*(Audience conversation continues)*

**Sam:** Okay, Let's do this much without some of what other people are bringing to it – we'll just use what's in the law of one for right now and then we can add what other embellishments people have learn in their own experience.

*(The audience continues to speak with each other, describing the various movements of the pendulums.)*

**Sam:** What we found, my fiance and I, was that, this is also in The Law of One: "The practice can be used to find secondary or Tertiary centers.

*(Sam briefly reaffirms the method at which they should use the pendants – Starting from the bottom and working their way up. As well as aiding in the observation of all participants.)*

**Sam:** I got some 'back and forth' too, and it said at one point that the bias might change. Also, in the Law of One, it was, to me, unclear. They said: "Find your bias". They never said that if it's going the other way it meant

**Participant 5:** So what height do you hold it at?

*(Sam Proceeds to show and approximation of how high – assuming 3 to 8 inches above the body)*

**Sam:** What you're doing, in my estimation, is appropriate.

*(Conversations continues; some participants describe the 'back and forth' motion of the pendulum again. Indicating a partial blockage.)*

**Participant 5:** Even if it's a partial blockage it will be a little bit of an oval, it doesn't necessary have to be a straight line.

*(Participants exchange with Sam)*

**Sam:** It looks like partial blockage to me – But you really are the person who has to decide. If it was more, I would be over-active.

*(Audience continues to share experiences)*

**Participant 5:** Tanner is right, though. You have intelligent energy coming up through the center – infinite intelligence coming up the back of the other side.

*(Sam reaffirms the finding of Tertiary centers)*

*(Some participants describe their volunteers as having open energy centers – While others are speaking about the motion and the indication there-of)*

**Sam:** Alright, We have 5 minutes left! For these last five minutes lets try to bring a little more coherence to the discussion. If someone has a point – I will call on them, so we just have one person talking at a time.

*(Gentle inaudible discussion)*

**Participant 5:** Doing this with somebody else is an energy sharing experience.

**Sam:** Absolutely!

**Participant 5:** If anything it's trust building with the energy sharing

**Lynn:** Sam, what does this mean?

**Sam:** Barely moving is partial blockage. Compared to how it was before then, when it was moving a lot, that's not partial blockage, it's over active.

**Lynn:** My solar was over active.

*(Sam reaffirms the movements)*

**Sam:** I'm leaving the counter, and clockwise motions out at this point.

*(Gentle conversation)*

**Sam:** I want to reiterate that, when I did this with my fiance, we to really find the centers. Like moving up, and down to find them. If it indicates a blockage, it may mean you're not over the center. It wasn't really a blockage.

**Participant 5:** I wonder if it would assist if you actually did a very quick meditation, were you envisioned the energy as coming up and down to get them spinning as much as you could?

**Sam:** I'm sure!

**Lynn:** How do you do the crown?

**Sam:** We didn't measure the crown. I think the crown is a 'read-out'.

**Lynn:** The crown is like the sum-total of everything else and just rings out of the state of everything else. So you can't really alter it.

*(Gentle conversation continues)*

**Sam:** I was hoping to get into a group discussion of everyone's favorite practices of opening and balancing. So if anyone has any ideas about that, I would be happy to hear them during break. Thank you!

GARY B. PRESENTS

*"Meanwhile" & "Already" – Keys to the Law of One*

**Announcer:** Thank you so much Sam, for that presentation. Next up we've got Gary Bean and his presentation on 'Meanwhile and Already' – The Keys to The Law of One.

**Gary:** Thank you. So I wrote my presentation about a week ago, very last minute. And I just read it aloud for the first time, during our last break. I don't know what I'll be able to get in, of it. I'll be staring down at my page a lot. If you want to follow along, my presentation – most of it – begins on page 69. Most of what I say will come straight from here. What is here, is just a pencil sketch of a full painting that is in my heart that needs to be written. This is very central to my own process, to the one-pointed... what I intend be one-pointed nature, in my ever refining intent.

I'll begin by introducing to you, a metaphor, of a cinema. This metaphor, in exploration of it, will quickly run up against it's limits, but within its intended purpose, this metaphor is rich with insight into our situation as it illustrates seemingly abstract concepts which points to that which is ultimately ineffable. This metaphor is only a starting point for your own, ever present awareness. Let us examine, this metaphor.

Picture in your mind, a movie theater. All I want you to see in this movie theater are a screen and the images on the screen. In the movie being projected on the screen is everything about your life: your birth, your sorrows, your joys, your outward experience, your inner thoughts, the bonds of love you form with people. Everything you could do is in this movie. Your death is in this movie, your rebirth is in this movie, your movement through the densities and through the octaves and your entire journey is in this movie being projected onto this screen. Likewise, for everybody you know. Likewise for civilizations that rise and fall in this movie. For the life of this planet, the movement of stars, the passing of densities and octaves. In this movie, fire burns, and water destroys. Planets explode Stars are born, and stars die.

Meanwhile, what happens to the screen? Is the screen damaged when fire burns? Does it become wet when the floods come? Does it twist when galaxies collide? Does it recoil at the shadow, or shudder at confusion, or wish at the images and the narratives of the movie were other than they are? When billions of years elapse in this movie, does the screen get old? When light travels millions of years to one corner of the earth to the other, does the screen expand to accomodate this incomprehensible distance?

In short, is the screen affected in anyway, in any event, within any plane of existence, in the passing images or storyline of this movie?

What does this movie represent? What does the screen of this movie represent? You are the screen. You are the clearing within which all life, every entity of every plane of existence arises. You are the witnessing presence. The unmanifest, the is'ness and such'ness of eternity. The absolute, the undistorted unpotentiated intelligent infinity. The source, the all. You are the background, you might say, against which all rises and falls. This background is your own present, simple, always available awareness. Already fully, effortlessly functioning.

So, let's tackle this by examining some of the qualities, you might say, that are present within the relationship between the movie and the screen.

**PRESENCE**

The first quality I want to focus on is presence. No matter the illusory situation, with regard to time or space that is unfolding in the movie, no matter weather the actors within that movie are lost, or found, or saintly, or

villainous, or successful, or failures. No matter their density or position relative to time and space, the screen is 100% present and available because it is not participating in the saga of space and time. It is available at all times because it is timeless. It is available in all space because it is spaceless. It is impossible to avoid, actually, but, we are hypnotized, by the events within the movie, and by the illusions of time. And in [this hypnosis, you might say] we overlook the only place where we discover who we really are: the present moment.

Ra says: "*The path of our learning is graven in the present moment. There is no history, as we understand your concept. Picture, if you will, a circle of being. We know the Alpha and Omega as an infinite intelligence. The circle never ceases, it is present.*"

No matter what seeming point you are on that circle – no matter where you feel you are – the circle is present. Right here. Right now. Already and Always.

### **CANNOT BE GAINED**

Another quality that this metaphor illustrates. The screen, your being, your awareness cannot be gained. By any effort on your part. Because it is 100% present in every circumstance. It is the fundamental condition of this moment. Of any experience you have, it is the root of that experience.

In response to a question Don asked Ra to clarify [concerning Ra's statement] "The adept lives more and more as it is", Ra responds: "Each entity is the creator."

(*Is* being an important word there.) Within space and time, there is a process of *becoming*. But, that process notwithstanding, each entity IS the creator, because the circle *is* present. The screen *is* present.

And the entity, Ra says, "As it becomes more and more conscious of its self..." and goes on to talk about the Adept.... [Let's focus on the statement] "It becomes more and more conscious". Again, it is not *gaining* so much, though gaining is a word that has an applicability there. But it is a process of revelation, a revealing of that which is already there, [becoming] more and more conscious of itself; becoming more and more aware of what you already are. In another quote, Ra says: "As the adept becomes more and more consciously crystallized entity, it gradually manifests more and more of that which it always has been since before time. That is, the one infinite creator." It is the same basic concept echoed again.

### **CANNOT BE ENTERED OR EXITED**

Another quality this metaphor illustrates, is that this screen, - your own awareness, the creator, the unmanifest – cannot be entered or exited. Ken Wilber writes: "We all know fancy names of this state for this state: from unity consciousness sahaj samadhi, but it really is the most simply and obvious state you will ever realize. Moreover, once you've glimpsed that state, what the Buddhist call 'one taste', it becomes obvious that you are not entering this state. But rather, it is a state that, in some profound and mysterious way has been your primordial condition from time immemorial. You have in fact never left this state for a second. That's why Zen calls it the gateless gate. On this side of that realization, it looks like you have to do something to enter that state. It looks like you have to pass through a gate, but when you do so and you turn around, and you look back, there is no gate whatsoever and there never has been!"

You have never left this state in the first place so obviously you can't enter it. Again, like Ra says: "The circle is present". It's never not present. It's never not your condition. It's never not your identity.

Of enlightenment, Ra says: "We cannot offer short-cuts to enlightenment. Enlightenment is of the moment, is an opening to intelligent infinity." An opening to what is already there. They go on to say that: "...the seeking process that ends in a moment, but who can know when an entity will open the gate to the present?"

*Ends* is a word I'd like to focus on. This is a great paradox of spiritual seeking. We are reaching and searching for that which we already are. We are looking how to get here and now were we already stand. Our spiritual seeking itself presumes the absence of that which was never lost in the first place. It is desperately trying to find a realization or a place where the creator *is*, motivated by the surety that we are not already realized, and the creator is not already, fully 100% present.

### ONENESS

Another quality, the screen is one. No matter the diversity, multiplicity, and seeming finite nature of the events in the movie, all of it unfolds against a backdrop, if you will, of total, unmanifested, undifferentiated unity. That is to say, oneness. One, screen. Within the movie, manyness and finiteness seem to be what's happening. But the screen is one. And that manyness arises out of that single, unitary, one screen.

Ra says: "We leave you in appreciate of the circumstances of the great illusion in which you now choose to play the pipe and timbrel and move in rhythm. We are also players upon a stage. The stage changes. The acts ring down. The lights come up once again. And throughout the grand illusion and the following and the following there is the undergirding majesty of the One Infinite Creator." *Undergirding* being another word that kinda points to the screen idea -- the background, the substratum -- "...undergirding majesty of the One Infinite Creator. All is well. Nothing is Lost." And they ask to go forth and rejoice.

### STABLE

Another quality, this screen -- relative to the changing movie -- is stable. It does not waver, it does not wobble. it does not move. The movement and the change that you see, is the movie, is the manifest creation. That which is built and destroyed with intelligent energy. That which a Buddhist might say, points to the law of impermanence. The background awareness, so to speak, does not change. It is constant. It is ever present. We seem to be changing, we seem to be going through points along the circuit of the circle. But, the circle is present and no point, more or less, is greater than another.

### SIMPLE

Another Quality, The screen is simple. It has no qualities, it has no space or time. All qualities -- any object that can be known, or defined, or compared, or understood, or seen -- arise out of this screen. I think this is partly why in the east, they refer to this as "the void" or emptiness. Thus it is over-looked and missed; that is, the screen is over-looked and missed; the undergirding majesty, the background against which our whole experience happens is over looked and missed because it is so simple. It is everywhere and everything. And instead of noticing that which is present everywhere, we are hypnotized by the passing images of the movie, lost to the ground upon which the movie depends for its existence.

Ken Wilber writes: "All is Brahman." As we might say here, all is one. all is the creator. "...All is Brahman should be mistake as a philosophical conclusion, a logical theory, or merely verbal explanation of reality. For the sages of every time and place have unanimously maintained that the absolute is actually ineffable. Unspeakable. Utterly beyond words, symbols, and logic. And not because it is too mysterious, or too sublime, or too complex for words, but rather, because it is too simple, too obvious, too close to be caught in the net of symbols and signs. Because there is nothing outside it, there is no way to define or classify it."

You may have heard that God is closer to you than your breath. This speaks to the same idea. Ken Wilber goes on elsewhere in one of his books to talk about how we miss this, why we miss this if it's so obvious, so simple. He says due to some form of avoidance. "We do not want to be choicelessly aware of the present, rather, we want to run away from it. Or Run after it. Or we want to change it. Alter it, hate it, love it, loath it, or in some way, agitate to get ourselves into or out of it. We will do anything except come to rest in the pure presence of the present. We will not rest with pure presence. We want to be elsewhere, quickly." What Wilber calls "The Great Search", with capital letters, is the game in its endless forms.

I would tie that last quote from Wilber into what Ross says about *the end of the seeking process* in the one place where they define enlightenment. [Ra] says... They talk about the opening up to intelligent infinity, being the end of the seeking process... I may be conflating that, but they talk about the end of the seeking process. Again, this is what Wilber is talking about here. We're agitating to get into our out of something. And it's that great search, that seeking, which is "false", used loosely, "false" from the beginning because it presumes the loss of what is already present.

### CONTAINS ALL

Another Quality; The screen contains all. (A hologram I think is a better vehicle for trying to convey this idea. But to stick with our limited metaphor...)4 No matter how hidden or horrible, that which happens in the movie, or how wonderful and grand and perfect, no matter what event visible or invisible that can be imagined... All of it (as I'm iterating over and over) happens on the screen. And thus, does the screen contain everything. It contains the whole truth, and is actually looking through our eyes, right now.

Ra says: "It shall be understood that any portion, no matter how small of any density or illusory pattern, contains, as in a holographic picture, the One Creator, which is infinity. Thus all begins and ends in mystery." Because it contains everything, it can not abhor anything much like the mirror cannot abhor objects that are passing in front of it.

Ra is describing how they spoke to someone in Egypt who could understand and hear their message, and how the priests distorted the law of one after the [death] of this entity.. and they said.. in the the priests distortion of the law of one: "...they robbed it of the, shall we say, compassion with which unity is informed by its very nature. Since it contains all, it cannot abhor any." Again, since the screen contains whatever event happens within the movie, the screen cannot abhor what's passing in front of it. The screen can't want the image to be anything other than it is.

And I love this, Ra says: "The Law of One neither blinks at the light or the darkness, but is available for service to others and service to self." Blinks is such an awesome word there because it connotes, in my mind: every present awareness. Constant. Unbroken. Present. *Blinks* also is awesome, I think, because I've heard somewhere in eastern teachings.. They talk about the need for.. when they say: "*The eye is single*".. I believe this is eastern.. "*When the eye is single*".. Is it biblical?

**Audience:** That's the Bible, I think

*(Inaudible affirmation)*

**Gary:** When thine eye is single.. I may be fusing a couple concepts here, because the second half of that.. When thine eye is single, then the ten-thousand things disappear. And ten-thousand things is..

**Audience:** Yeah that isn't eastern, But it works!

**Gary:** So, Ra says: "...blinks neither at the light or darkness", so when that eye is constantly open, aware, [then the] ten-thousand things disappear. Which is the way [eastern teachings] convey manyness, or the finite. The manyness disappears. Suddenly.. Maybe not suddenly.. But all becomes one again, singular, no matter how different we may seem on the surface.

### EFFORTLESS

Another Quality that this metaphor illustrates: effortlessness. Because the screen is already witnessing all outward experience and phenomena, all outward finite identity, it is doing this effortlessly. It's happening through your

own witnessing awareness. You don't gain this awareness, you simply notice that you are already aware of the sky. You are already of your experience in the moment. If you're listening to me now, you're aware of hearing me. You don't have to make this awareness come into being. It's operating with or without your consent, or manufacture, or manipulation. You are already aware of this. Thus, in many non-dual schools, the teaching in the practice is to simply notice what's already happening. Notice that your awareness is already happening.

Another Quality; The Screen illustrates that in identifying from the movie, becoming aware of this already operating background awareness – your awareness, my awareness, our awareness – in noticing this is happening there's freedom. Liberation. Realizing that you are the screen, that is to say, the witness of the outward experience is liberation, because no matter the torments and the trials of the passing images of the movie, no matter whether your physical body is threatened, or your career lost, or your country devastated, you have transcended the hills and the valleys of attachment and aversion. Resting in that which, without blinking, is constantly, ceaselessly, compassionately aware of the outer play.

So how do you use this metaphor? Eckhart Tolle, Ramana Maharshi, and the Law of One are my three pillars of spiritual insight. Tolle says, distinctly, unequivocally, that: “..the most important step you can take on your spiritual journey is to dis-identify from your mind.” From mental patterns. Both Tolle and Ramana Maharshi, two entities I consider to have become, so to speak, enlightened, to have realized that they are one with all things, to have lost, dissolved, that individual "I", to have dismantled the Veil. They make this critical distinction between the self you are not and the self that you are. And they use terms like 'ego' or 'false self' – and I know Ra's reservations about ego – but they use terms like 'ego' and 'false self' or 'none-self' or 'form identity' ("personality shell" is something that comes up in the Confederation material).

Ultimately, of course, they acknowledge that all is self, there is no duality between two categories, between non-self and self. But for the purpose of our own incarnative processes and seeking, they make this distinction.. But they would corroborate Ra's brilliant short statement: “Thus self, reveals self, to self.”

So, does the Law of One point to this sort of distinction? Between the self that is not, and the self that is? I think so. And I got a series of quotes here from Ra.

They say when... (no time for the full context).. but Ra says: “When the character and personality, that is the true identity of the mind has been discovered, the body must be known in each and every way.” True identity supposes that there's.. implies, that there's a false identity. (As limited as the word false is, against the ultimate.. Any category, true and false included. Have no sway.)

Ra says [about] the true vibration of the entity in another passage.. They say: “The adept is one who has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other-selves.”

They talk about the disassociation that happens with the adept. And call that disassociation necessary. They say: “..disassociation only from the illusory husk which prevent the adept from correctly perceiving the self and other self is one..” Again, Eckhard Tolle says the most important step you can take is dis-identification, to realize that you are not outer phenomena, you are not anything that can be seen. You are this background awareness. You are the screen.

Ra says that: “The disassociation from the miasma of illusion and misrepresentation of each and every distortion.” They say: “There is the inner light which is polaris of the self, the guide star. This is the birthright and true nature.” – again, true nature – “of all entities. This energy dwells within.”

This dis-identification may sound like a clinical, fairly painless process.. A shift in attitude or a shift in



perception, and it certain is that as well. But another word for this dis-identification is sacrifice. Because on a deep level, dis-identification is not simply reclaiming awareness from a mental pattern in order to witness that mental pattern, but is slowly and surely a giving up, releasing, and renouncing of one's identity. Giving up of the story of self one has been attached to since birth and beyond. Everything you thought you were, that identity bound up in and inseparable from your fears, attachments, desires, for private satisfaction, and time-bound thinking..

All of that in this dis-identification is sacrificed. It is let go in favor of resting in the ever present being. This, in a very real way, is a death. About this sacrifice, about this death, Ra says.. they talk about the resurrection that happens in the queen's chamber, and they say: "Thus the entity experiences true life, or, as your people call it, resurrection." This is brilliant, when they say: "One meets the self in the center or deeps of the being. The so-called resonating chamber may be likened unto the symbology of the burial and resurrection of the body wherein the entity dies to self and through this confrontation of apparent loss and realization of essential gain, is transmuted into a new and risen being."

I love that juxtaposition of apparent loss. Realization of essential gain. What is lost is.. It *seems* that something is lost. There is an *apparent* lost, but essence is gained. Essence is realized as always being there. Ra uses *apparent* elsewhere when they talk about, [roughly], *In the mystical search for unity, space and time need never be considered. They say that to the balanced entity resting between apparent distortion and total perfection.*

We seem distorted. We are on the surface, it's.. We're apparently distorted, but apparent indicates that's not the case. It's only when we begin disidentifying and not making an identity of those distortions. And seeing that they are just surface ripples on that unchanging screen. That we go through this death. We release this outer individual "I" in order to embrace and reveal what's already there.

Surrender is another word for this. Tolle, if most of you are familiar with Tolle's philosophy. He hits that point again and again. Ramana Maharshi hits it too. To accept what is. To release inner resistance to what is. To surrender one's personal will for the moment to be anything other than what it already is. No matter how horrible it may be. Which again Tolle would go onto say, that doesn't mean not taking action.. Or working for a better world, but you're no longer creating resistance. You're no longer referencing this agitated, resisting, identity. And therefore there's no longer an opaque form that is obscuring that screen. That already present screen. This is also why Ra uses the word transparent. Because our outer form becomes an outline. Empty of content, allowing that already present screen to shine through.

Sacrifice, dis-identification, surrender, letting go, and that happens through acceptance of what already is.

Another angle to examine this is negation. You've all heard *neti neti*. That Sanskrit term.. That Sanskrit practice: "*Not this, Not that.*" I am not this, I am not that. This is another way to engage in this dis-identification. Because each thing that arises, weather you perceive it inward or outward, a memory, a sensation, an event, a planet, everything that can be seen, is not you. So you move through this practice of *neti neti*. I am not this, then who am I? I am aware of my body, but I am not my body. Who am I? I am aware of these passing images, but I am not these passing images. Who am I? A

nd it's only in that silence, that negation, that you realize what's already there. And it's not anything that can be turned into an object. Because, subject and object is the dualism that splits the universe from the beginning and creates the illusion of the movie.

Is there evidence for *neti neti* within the law of one? And this will be my final point, 10 seconds. Ra says: "The law of one, though beyond the limitations of name, may be approximated by stating that all things are one." Okay. That is the positive definition of unity. All things are positive one. That there is no polarity. Here's this

Neti Neti: "That there is no polarity, no right or wrong, no disharmony, but only identity." Again, they say 'that which is not.

And of healing, they say: "Healing occurs when a mind/body/spirit complex realizes deep within itself.. " Again, deep within what is already there.. "*that the Law is One. That there is..*" And here's the word "no" again.. "no disharmony, no imperfection; that all is complete and whole and perfect. Thus the intelligent infinity.. "That screen that is already there.. "within the mind/body/spirit complex reforms the illusion of body, mind, or spirit to a form congruent with the Law of One" You haven't earned this perfection and wholeness and completeness, and you can't make it happen. You only realize that it's already there. That there is no imperfection. It is already in your true nature. There is no disharmony, there is no imperfection, no polarity even no 'right' or 'wrong'.

I realize I get excited and a high volume of energy moves through me. So, Thank you for withstanding that!

JIM M. PRESENTS  
*Q&A with Jim McCarty*

**Announcer:** Next up we have Q and A with Jim McCarty!

**Jim:** Okay, I would like to attempt to answer questions you would have on anything that is related to the law of one, L&L research, Don Elkins, to Carla, to Me, to how we got started, to other works that we've done. Books, UFO sightings and so forth. Does anybody have a question?

**Questioner:** I have something.. This is entirely prosaic. But now that you have sold of Avalon, do you intend to get any other property or just to concentrate here in Carl's Park?

**Jim:** Yeah, we're hoping to concentrate here. We had.. Years ago, when we bought Avalon, 25 years ago.. Plans on building a house there and trying to become self sufficient there, as I had attempting back in the mid 70s. But as the years have gone by, and the age has crept in.. I'm feeling a little old for beginning over. Anyway, we have roots here! And gardens, friends, and would really like to stay here. I've kinda given up that dream. Well I've definitely given up the dream. I had pretty much thought, I guess.. Five or six years ago that it was time to consider selling Avalon. But then Melisa came along, and she had this great desire to farm, and to get something going on Avalon, and Carla said: "Let's give it a try! We've got somebody who's really got some energy and let's see if it can work!" In a lot of ways it did work. And in some ways it didn't work.

But, All in all, it seems like it was the thing to do. To sell Avalon, which we did. We closed on the 12<sup>th</sup> of August. And sold it to a really nice family. A fireman who works down here in Middle-town, oddly enough. Lives in Crestwood. And his wife teaches special needs kids, in Trimble county where Avalon is located. And they have 2 kids, One 11 and one 13, Both Girls. They had a little party up there a couple weeks ago, for a birthday part. And the funny story is; there's an out-house there of course.. There's no electricity. There has never been electricity there. The little girls found a box turtle swimming around in the bottom of the.. There had been a bunch a rain, so there was a bunch of water in the bottom of the out-house. And so they convinced their dad to come over and rescue it! So he did, and they named the turtle Number Two!

*(After a blissful period of laughter)*

I think we're really thrilled that they have the property, and they'll be using it on weekends for retreats, parties, and get togethers. Don?

**Don:** *(Section inaudible)* ..So what Gary just closed with.. I've seen it, read it, many places in many context there is no right or wrong. Alright, I try hard in my heart to despise Mitch McConel. I've never succeed yet! Does Ra have any advice for me?

**Jim:** Look at Mitch McConel. See the Creator. *(audience laughs)* I know this is hard! We use concepts of right and wrong in our own personal journey's. Because it's a way of kinda keeping a to a compass. To point ourselves in the direction we feel is a good direction to go, in this third density illusion were we make this choice to weather we want to be service to others, or service to self.

I think those are useful concepts. As long as we remember; that in the ultimate sense, everybody and everything is the Creator. And there isn't any right or wrong. The eastern traditions have always had special pull for me, they.. I believe it's the Hindu tradition, to say that this is Lila, the play. This is the fun, this is the game, this is the Creator knowing itself. This is all of us knowing the creator, all of us knowing ourselves. In the small sense, of how we live our lives. We see wars around us and abuse and medical problems, poverty, everything that seems to

be wrong.. These things seem to be quite real. And These we can use to direct ourselves again. To point ourselves toward a compass. But when we look at ultimate sense of everything, in the long run of things, in the great stretch of timelessness that spans everything we know and everything we don't know.

These are all the Creator too. These are the Creator knowing itself as to what would happen in this situation if this seemed to be true. We give the Creator a gift when we re-spawn.. However we re-spawn, to what we see as being right or wrong or good or bad, desirable or undesirable. And these gifts we bring to the Creator at the end of every incarnation. At the end of the octave of this existence that we're in now. This is what creates more than there was before, for the next octave. So that, as Ra says, in the previous octave, what was gleamed was the concepts of male and female. Mind/body/spirit complexes. Now, it's almost unfathomable to consider that such a thing would not exist. What would people or beings be like before this? Well they were quite different! I imagine that we're going to be different in the future as well. Because of what we're doing here. Because of what everybody does. From this planet and every other planet in the infinite cosmos. So, yeah.. Mitch and all of the other folks around you.. we're all the creator. We're having a great dance.

**Don:** I know it intellectually!

**Jim:** Heh, Yeah in the gut it's hard. I know. (*brief inaudible exchange*) Carla went to school with Mitch at the University of Louisville. They were engaged in political science class and they had a certain exercise that they were attempting to accomplish, and there was a mock election, mock.. attempting to get votes, and she caught him cheating! And she called him on it. He said: "Now look, that's the way the game is played. You have to learn how to play the game." And that's the game he's playing.

**Audience:** Can I add something real quick? When you have a battery, like your automobile battery, if you only have access to one pole, you can't do anything with it. You have to have both poles in order to do work. You have to have potential, like in your physics class in highschool, you have to have potential in order to work to be accomplished. If, you don't have a positive, or you only have a negative pole nothing happens. So anything you see that causes a strong emotional reaction in you.. What I was trying to tell you earlier.. That shows you that there is potential work to be done. And that work is assigned to us by the Creator. And we separate off and we were covered by the veil, so we could experience something spontaneously. So we could have that potential in order to do work.

So what you may interpret as a curse, is a blessing and it's your assignment.

**Jim:** And before there was any creation..

**Audience:** ..I can still tell the story, right?

(*Jim & Audience chuckles*)

**Jim:** Before there was any creation there wasn't polarity. There was simply.. The Creator was everything. Actually, the Creator was all. There was no 'thing' yet. So at that time, Don ask Ra: "Well, isn't that just service to self polarity?" At that time that's all there was. After there was a polarity, a positive and a negative, then the possibility of service to others was born. Echoes?

**Audience:** I've learned from Dolores Cannon's 'The Convoluted Universe' series, that we have it sort of nice here, having a duality. Imagine, if you will.. Having four different choices. Or Six different choices, or twelve different choices! This has been coming through in some of her regression hypnosis that we're lucky to have duality. Four choices? I don't know how to deal with it, much less twelve.

**Audience:** Multiple choice!

**Jim:** Remember what Ra had to say about before there was a veil between the conscious and subconscious mind. Those were mind/body/spirits. They were not complex. They new they were the Creator. They new everyone was the Creator. And there was no real reason to do anything more then what they were doing. No reason to polarize. No reason to try to go out of your way to be of service to others. Because, everything was well, everything was one. So the veil became a real priority for helping. This progress out of third density, which at that time took a whole lot of what we call time. The progress was very slow. But now, Ra says, looking at planet earth, we have a very vivid expirience here. There's a lot of interaction between what we see as positive and negative. So we're producing a lot of.. (*chuckle*) Useful experiences here! Very colorful.

**Scott:** I have a question. There's a paradox, when.. I'm looking forward to, in my life, not what I'm expecting to happen in my life.. Is to put in a position to judge people weather there good people, bad people, how there orientation is toward power, and that time of thing. And weather they're capable of leading an appropriate service to others type organization. Okay, so that they're not going to become service to self. Meanwhile, according to Jesus, that might be considered judge not, unless you be judged. Okay. My question is, how do you square that? As someone who is looking forward to acting in a service to others fashion. But judging others in the process.

**Jim:** Well, there are a lot ways for us to fall short of being harmonious and having the view that everyone is the creator. So we all take this baggage with us at graduation. And I think the thing that redeems us and 'saves' us, is that our intentions are the best. We're trying to do something to be of service to others. We are in the third density where understanding is not a part of this density, but we try our best to understand. So, we're going to fall short. And we have to accept ourselves for that too, and others as well. And when we go through the graduation, to, move forward in joy and excitement.. In realizing that we may not have been perfect, but we did our best. Our intentions were pure, and because our hearts are pure we have the strength of ten.. That was Kind Aruther.

**Questioner:** Having like.. This is post drama material now. But before that L&L research did a lot of UFO material. From the perspective of having done the Ra material, what is the benefit of looking back and understanding the UFO material. I ask this because I haven't bothered to look at it at all.

**Jim:** I think the real value is seeing the mysterious factor that the UFOs present. Because there's very little hard evidence. It makes each person decided for for or her self weather or not there's anything of value there. And that is there way of preserving our free-will. The positively oriented Entities, because that's what they wish to do. The Negatively oriented Entities, because that's what they have to do.

**Questioner:** I have a.. Maybe kinda strange or unanswerable question. I'm curious over the time of your experience with your channeling, and the body of channeled materials. Ra, is very interesting because of its direct relation to the Egyptian culture and that presence, right? I'm very curious if there's ever been any mention, through-out any of the channelings you've experienced, of any of the other Panthion of gods or goddesses, or any of the other Egyptian deities or anything like that?

**Jim:** We never really questioned anymore about that type of information. I mean, there's so much more that we could have asked in so many areas. As your circle of knowledge grows it touches more of what you don't know. And you could go almost anywhere.. And I think basicly Don went where he felt Ra had given a little extra information to kind lure us on. Occasionally he missed the hints. Especially when Ra was trying to get him to ask the question about the nature of female polarity. And then the nature of the male and female relation.. and there finally Don said: "Oh!" And asked the question. We didn't ask questions about that..So it really hasn't come from anywhere else.

**Audience:** They mentioned the council of Saturn. That may be the closes to..

**Jim:** Yeah

**Audience:** In book five goes into that.. How Ra would withdraw when the questions became.. when we wasn't interested in other then his philosophy..

**Audience:** That could have even been an infringement made actually, in that direction. You never know

**Audience:** Yeah.. He wasn't to keen on doing those that was trivial or whatever. He just wanted to stay with the essential information..

**Audience:** I think Ra though that there are many things that you can ask that are interesting, but.. Totally unimportant. He didn't want to dwell on the unimportant stuff.

**Jim:** They said that their contact was narrow band. They were not historians, they were philosophers. And they were hear to give us information that might be helpful. Not just now, but tens of thousands of years further down the line. Anything that wasn't helpful ten-thousand years from now was probably not helpful now. We're looking for principles that can be applied now and forever.

**Audience:** Has anyone seen any UFOs lately?

**Audience:** How Long is Lately? (*inaudible*)\_ Ship?

**Audience:** Lately is within.. A year?

**Audience:** I had what I would term a UFO experience but, as it was drug induced, I wont bring it up here.

**Audience:** A friend of mine caught a little, what looked like a UFO on Video. She was shooting various things.. Yeah

**Audience:** And were was that, the video?

**Audience:** Cincinnati

**Audience:** If you're interested in that, there are channels I know on Youtube that.. Simply all people do is compile all the UFO sightings they find. And post them online monthly or bi-monthly. You'll get very very cool sightings through stuff like that. And granted, you know possibly governments are being like: "Let's for no reason fly stuff around that nobody knows about". You know, that's a possibility, but a lot of it could potentially be.. It could be that there are more UFO sightings now and it's increasing and increasing.

**Sam:** Question Jim; Could you just speak a little bit on honor the free-will of others. Though I've read the material more then once now, I still don't have it crystallized in my mind. As an example, my brothers going through a hard time. And I want to give him the Wanderers handbook. Using that as an example, is it an infringement on his free-will to say: "Hey! You might want to read this." Or should I, more appropriately wait for him to say: "Hey Sam, is any of the stuff you read possibly any use to me?"

**Jim:** Personally I believe it's just fine to give a book to a person or to give them advice, once or twice. As soon as you get any resistance and they say: "I don't want to hear any more about that." Then you stop.

**Sam:** Could you say: “Maybe you might want to read this?” But if you say: “You have to read this!” That's probably infringement.

**Audience:** But if you say: “You have to read this!” You are transferring your excitement and your passion for the material which is an honest communication as well.

*(Multiple Audience members talk simultaneously)*

**Sam:** Could I rephrase my question?

**Jim:** Sure!

**Sam:** Ra was so careful not to offer information unless it was asked for. Should that shame guideline abide to their density?

**Jim:** I don't think so, I mean they're obviously not third density. We're all third density. We could be idiots as far as anybody else here is concerned. I mean, the excitement you want to share with somebody about some material, maybe it could come further down the line. You could give it to them and say: “This could be helpful! You know, it helped me.” And then if they have questions, begin to answer their questions. Then if the natural excitement comes up, you share the excitement! That's part of it too. But if you come on right away with excitement, and you know.. Sorta like a Hare Krishna at the airport or something.

*(Audience share brief mutual appreciate of the question & answer)*

**Jim:** Any more questions?

**Audience:** I was thinking of a possible answer to that. You might say; “I've found this of value to me.” And that could be an invitation. Rather than, 'you must do this.'

**Questioner:** I've noticed that sometimes when I.. when people ask about my beliefs, and I feel like there's someone open minded i'll talk about the law of one. Something I've noticed that I really don't know how to address is; Some people have resistance to the idea of channeling information. So I just kind'of, let it go. But, have you had to address that whenever you've been in any of your talks? How do you usually explain channeling to a person who hasn't really heard of it, or might not be as open minded about it?

**Jim:** Very seldom do I find myself in that position. Because I usually wait for somebody to ask me about channeling. I might mention it, and I say: “This is channeled material..” If they don't follow up with a question about, well, 'what is channeled material?' or 'could you explain that?' I'll let it go. Because a lot of people.. Well more people these days are familiar with channeled material. And it's usually in a derogatory way. Because they've seen 'the crazies'! There are crazies everywhere, in every field. Okay, we've got them too.

**Audience:** But at the same time I've heard channeling enter common vernacular in like, 'I'm channeling my inner..' Something or the other. A positive terminology of it as well.

**Jim:** Right, Yeah. *(brief pause)* Are we coming to the end of questions?

**Questioner:** I have a question, Jim. I've been saving this for the circle. In the Ra material, Ra talks about like a trifacta with You, Don, and Carla, being wisdom, power, love. Would be power?

**Jim:** Theoretically

**Questioner:** How do you understand power in that context? Like, what is 'power?'

**Jim:** Well, I've looked at it as; If you look at the densities.. Fourth is compassion or love. The Fifth is wisdom. Sixth is unity or power. So that if you're able to blend or balance wisdom and compassion, then you have more ability to be of service to others. Because you have both of them. You have the great desire to be of service. But you have ability to figure out; 'well, maybe I should approach it this way.. Because, if I'm just totally out in the open with heart, I'll look kinda wild eyed and crazy.' I think it gives you more power or ability to serve.

**Questioner:** It kinda makes me think of, energy is the potential to do work, and polarization is that kind of increased potential to do work. So you've polarized and thus reach like sixth density.. you know what I mean.. You have that full capacity to do work. I kinda think that is power.. And thus are wisdom and compassion, you can do the work of others, right?

**Questioner:** When Ra is talking about.. Magic. Magic being, a change in consciousness. When I read that my first question to reply back would be: "Wouldn't that be everything?" Because technically if an interaction between Gary and I takes place, consciousness is.. There is a dynamic plane of consciousness happening here. I mean.. Of course it takes a will to choose to change your perspective. But is there any insight you may have, specificity, to differentiate magic in that context?

**Jim:** The classical white western tradition defines magic as: "The ability to create changes in consciousness at will." That was mentioned in the Ra content. But Ra went further. Ra said that true magic was the conscious ability to access the subconscious mind. So I think that makes it a little more personal and requires a little more effort on the part of each person that wasn't to pursue that path. Because the conscious mind is the way we get further on down to the racial mind, the planetary mind, the archetypal mind, and the universal mind. And as we get further and further along that line, and have more access to these minds.. We find that things are as they should be. They respond to our desires. That, magic is a natural way of being. It's not something special. It's the way it should be.

**Questioner:** Does it have to do with time/space? Like you go into time/space or other space..

**Jim:** Our ability to access those minds is much enhanced by being able to go into the time/space nature of meditation or contemplation. Or however we alter our consciousness to get to time/space.

**Questioner:** You did the Ra context, you know.. During '82. So that's been already 30 years ago. What has been your perception of our progress here on earth?

**Jim:** Like of the planet?

**Audience:** What's your perception of it? How do you feel about life on earth at this point?

**Jim:** It's getting more complex. It's getting more interesting. There's more of a need for awakening, and there's more awakening happening. I think, though as each of us goes further down the line, we discovered that the path doesn't get easier. It gets harder. It's just like a person lifting weights. The way you get stronger is to lift more weights. The 'no pain, no gain' thing, is kinda true.

**Audience:** Someone mentioned hell in one of their talks. Hell doesn't exist in.. Hell is definitely what you make of it. And until you are willing to visit everything you don't like.. everything you don't appreciate about yourself you are kind of like, avoiding the purifying energy that.. what you don't want to experience about yourself and bring about..



**Jim:** Right, yeah.. See, the old dilemma of a choice is; Would you rather be in heaven with an idiot? Or in hell with a saint?

**Ken:** Quickly, in regards to the time/space. From your perspective, would it be the case that when any of us do an activity were you kind of just.. You're really engaged and you loose track of time. Because it's very common, we've all experience that in one way or another. Is that in some way, shape or form, accessing time/space? From your perspective.

**Jim:** I believe it is. I believe that's probably what you would call the Alpha state. That people who are really focused.. Can be in this meditative state in time/space very often. Not just in meditation and not just in contemplation. I knew a fellow that I worked with for years, Michael, he's passed on now.. But Michael was the most time/space person I've ever met. We did stone work together down at the star hill distillery. Restoring their reattaining walls, up the creek there. And whenever I would ask Michael a question, he'd be working over on the wall somewhere.. It would take him a full 30 seconds to disengage what he was doing and put his focus over on me. And I loved that about Michael. Because he was just so cool and calm all the time. I think that there are people like that.

**Audience:** Can I comment on that really quick? Its kinda clarified something for me, because I'm like.. When you're in the zone, life is going by, and time/space seems to go by really fast.. The idea that work can only be done.. You can only create in time/space. You can't create in space/time. And so, when you slip into time/space it's because you are focusing on creating. You are working with.. You are essentially creating what you have envisioned in the future, in the present. Like if somebodys painting and they get lost in that.. Or if somebodys doing something they enjoy, they are creating that experience in time/space. And so, that's kinda what clarified for me, and I'm definitely going to take that away.

**Jim:** I would agree with that! I think that the arts provide an opportunity for time/space weather you're a musician, an artist, a sculptor, a poet, writter, or whatever. Or a cook at the house, gardener, like Fox was talking about yesterday. Anything that you do that you're really into, and you feel a passion for, and you loose yourself in it.. You've created a time/space environment right around yourself right there.

**Questioner:** I have one, a question to you personally. I wonder if.. before you did the sessions with Ra, If you at any time before that, as you were going up, if you had a sense that you would (*inaudible*) That inside you would do something like this. I don't know it feels for you, having done all these sessions and compiled them and put them out there. But you now, after all these years look back and say: "Wow!" This is what we did. But I think for us reading it.. I know for myself it's like..I can't even describe it. I don't think we can even grasp the significance of if. As much as we can grasp, it's just awesome. But I wondered if, you had any sense of.. that you would do something like that at some point in your life.

**Jim:** 42 seconds.. I got Gary on my mind. Back when I was, I guess.. Not quite a year old, somewere around there. That the time, like I said, It's hard to figure back that far.. You figure age 3 for your experience. At mine, I didn't really want to be here. I thought this was a dangerous place. And I remember this voice came and it said: "It's okay, you wont get lost, you can come back." And for the rest of my life I had this feeling, like I was moving toward something that was, good. How it was good, or why? I didn't know. But I just thought: "I'm moving in the direction that I need to be moving."

I think that's it folks! T-t-that's all folks!

*(Cheerful laughter from the audience, followed by clapping.)*